

FEATURE ARTICLE

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By Tayla Galic – From the Mawson Lakes Training Centre.

My mother Chris, younger sister Liana and I joined World taekwondo a year ago and over the past twelve months my mum and I have reached our blue tip belt and my sister has reached her green tip after moving to the adult's class six months ago.

Last month we attended our first power breaking class.

To be honest I was extremely excited although quite petrified as I believe most World Taekwondo students may be.

As Instructor Corey lined me up for the first kick, instructing me to take my distance and the calling shout/wait/break, I broke my first ever board with a front kick. My mum followed with a front kick also breaking her first board on her first attempt.

Although having broken our first boards on our first attempt the nerves were still there as we had another 3 boards that had to be broken.

During the session my mum broke 3 of her 4 boards on the first attempt, later breaking the 4th during class with Snr Inst Patrick and I broke all of my boards on the first attempt.

The experience was exhilarating and neither of us will forget our first Power Breaking session as although being petrified at first, we had a lot of fun and can't wait to do it again!!

