



SHORT Board Breaking Script

(Perhaps you'll emphasize all the Embedded Commands!)

Who's next?! (*Take board, read Goal*) **What will you do?** (*They tell you their Goal*)
And what's stopping you? (*Point to their Challenge. They tell you their Challenge*)
(*Look in their eyes.*) **What's REALLY stopping you?** ("Nothing!") (*Hand Board to Support*)

- 1: **Show me your Stance!** ("This IS my Stance!") (*correct Stance as necessary*)
- 2: **Get Centered!** ("I AM Centered!")
- 3: **Get Anchored!** ("I AM Anchored!") **Can I push your shoulders?** (test HARD) **Yes, you ARE!**
- 4: **Breathe with Ki** (8 beats): In..hale..so..slow..ly...pause...Exhale!...pause (*practice 3 times*)
- 5: **As you Inhale, draw your Hips....back....so...Slow....ly....and....WHIP!**
(*Make sure they rotate their hips at least 90 degrees, and WHIP them forward FAST*).
6. **Good! Now start in the same position you'll be in after you'll break your board.**
As you Inhale, draw your Arm....back....so....Slow....ly....and....STRIKE!
(*Make sure they JERK both arms in opposite directions*)
- 7: **Yell "Hai!" when you exhale...louder each time!** *Make them YELL "Hai!"*
(*Make sure they rotate their hips at least 90 degrees, and SNAP them forward FAST*).
(*Keep practicing until **BOTH of YOU** are confident they will break their Board.*)

Put it all together and pretend my hands are the board. (*palms toward you, fingertips touching*)
Make three Strikes: twice over and the third one right through! (*Look them in the eyes*)

Whenever you're ready! (*they make practice punch through your fingers*)
(*Keep practicing until **BOTH of YOU** are confident they will break their Board.*)

Now! Before you do this for real, let's remember WHY you're going to break this board!
(*Take their board back from the Support and read it*)

What do you really want? How much do you want it? What will it mean to you?
See yourself after you've achieved your Goal. Make the image clear & up close.

(*Quietly & intensely*) **Can you imagine that it's already been done!**
You've already broken the board. Can you see yourself immediately after that.
Imagine how you will feel when you have already broken this board in half!

(*Enthusiastically! Growing LOUDER as you go!*)
Get your energy going. Breathe deeply!
Jump up & down! Get your heart pounding and your blood flowing.
Show me how excited you'll be when you achieve this goal!
You are ready! You got this!

Get in Stance!
Get Centered!
Get Anchored!
Arms up!

You're going to make three Strikes: twice over and the third one right through!
Yell "Hai!" each time and yell louder each time.

Whenever you're ready! (*Look in their eyes. Be confident! Smile. Nod.*)

Advice & Notes for New Board Breaking Coaches

Learn the Script!!! Be able to rattle it off effortlessly. But when you are in the Circle, say what you need to say to help someone break their board. At that point, the Script is just a Guide.

Be confident! Smile a lot! ACT like you know **EXACTLY** what you are doing – *especially* when you don't feel that way!

Watch CLOSELY for Breakers who glance down at your hands or the board at any time during practice. They should keep their eyes on your eyes the **ENTIRE** time!

Watch closely for Breakers who do not swivel their hips. Make them keep practicing until they do that consistently and with lots of movement.

If they don't yell HAI! Loud enough, make them practice more until they do.

When they Strike, they should look like they are **REALLY** going for broke! If they look half-hearted, make them practice more.

But be prepared for your first Boinker, in case it happens. (A few Teams each year manage to get everyone through on their first try, but it's not common.) **IF** it happens, do **NOT** look as disappointed as you feel! **Smile!** Say, 'That's OK! You'll get it next time! But right now you need to take a break and rest your hand. We'll circle around to you again.' **KEEP THEIR BOARD. GIVE IT TO YOUR MASTER COACH.** And get them out of the circle and get a new Breaker in there, **ASAP!** The **WORST** thing for your Team to see is someone Boinking 2 or 3 times in a row!

Pick the most confident Leaders you can to go first. (And after any Boinkers.) Let the rest of your Team see as many successful breakers as possible before it's their turn. It will boost their confidence.

Look at every board critically when they hand it to you. Keep your eyes open for boards that might be especially hard to break. If it feels much heavier than most boards, and/or if it has a lot of knots, tell them they were given a **BAD** board, apologize, and tell them to swap it for a **NORMAL** board (never say **HARD** board, or **EASIER** board!)

This is 'Challenge by Choice'. Some Leaders might choose to skip this activity. That's OK.

If Board Breaking goes too long, lunch is coming up soon, and you still have 4 or more Leaders who have **NOT** successfully broken their boards, we will probably split your team in half to get everyone to break before lunch. Do not argue if this happens. Support it!

You may have 1 or 2 Leaders who do **NOT** break their boards before you quit for lunch. Do **NOT** lose track of them! Take their Boards from them and give them to the Master Coach from your Team. That way we can easily keep track of how many Boinkers we have.

FYI, the Master Coaches will get the Boinkers through a Board immediately after the Adventure Course Debrief, and before Dinner on Sunday night. You can be there, if you want. Don't invite the entire Team. Don't tell the Boinker when it will happen. Just say they can break their board later, if they want.