



LONG Board Breaking Script

(Don't say words in italics. They are directions and mnemonic aids.)

Who's Next? (or 'First') (Take their Board from them. Point to their written Goal.)
What are you going to do? Read me your goal! Say it louder! (Point to their written Challenge.)
And what challenge will you have gotten past when you achieve this goal?
Do you have what it takes to get past this challenge?

(WHY do you want it?)
Why is it important to you?
What would it mean to your future?
How will this change your life?

(How MUCH do you want it?)
How much do you want this?
If you don't get it right away are you going to give up?
Are you totally committed to achieving this goal?
Can you imagine that: **If you can break this board! You can achieve your goal!** (Hand Board to a Support)

(Stance)
Show me your Stance! Start with your feet about shoulder-width apart. Are you right-handed?
Then pull your right foot back about 2 feet... (left handed people pull left foot back)
...and point it out a bit to the side. Start with more of your weight on your back foot.
Your front knee should be bent. Your back knee is straight. Feel comfortable?
That's your Stance! When I say "Show me your Stance" say, "This is my **Stance**"

(Centered)
Now get **Centered**. Find your **Center** of gravity, 2 inches below your navel.
Close your eyes and tap gently. Focus your awareness on this **Center**.
You immediately feel stronger, more focused, less distracted. Keep tapping lightly. Say: "I **am** Centered!"

(Anchored)
Now get **Anchored**. Imagine an iron pole attached to your **Center** point, that runs down deep into the ground, embedded deeply into the bedrock of the Earth itself. Feel this strong pole **Anchored** to the Earth.
You feel strong and stable. You feel securely connected to the Earth. Say: "I **am** Anchored!"
Can I push your shoulders? (Push HARD. Make sure they don't move.)

(Breathe)
Breathe with Ki: inhale slowly and deeply, as you think about building up your **Ki**, or internal Force, exhale fast, release your **Ki all at once**. Count to 5 as you inhale, pause for 1 beat. EXHALE for 1 beat, pause for 1 beat. Try it: In....hale....so....slow....ly....and....Exhale!....(pause) (repeat 3 times)

(Hips)
Just like we store **Ki** energy when we inhale and release it when we exhale, we store muscle energy in our hips and arms as we inhale, and release it all at once when we exhale.
When we **Whip** our hips we add the power of our legs to our arms. Get in your **Stance**.
Your hips are facing front. As you inhale, slowly draw them back until they face the side.

Now show me your position **just before** you break your board. Your Hips face sideways.
That's where you'll be just BEFORE you break your board....when you've stored all your power.
As you inhale, S-L-O-W-L-Y pull your hips back, picturing in your mind how you are accumulating and storing your Ki and your muscle power. When you are back as far as you can comfortably go....
release all that energy, all at once and **Whip your Hips** forward!
Again: S-L-O-W-L-Y pull your hips back while you inhale....and **Whip your Hips!**
Again! S-L-O-W-L-Y pull back as you inhale.... **Whip your Hips!**

(Arms)
When you **Strike**, hold your hands like this: fingers curled, heel extended.
All the force will be concentrated into the heel of your hand, and your fingers are protected.
Get in your **Stance**. Show me what you'll look like after you break the board, hips facing front.
Your stronger arm is fully extended between the 2 broken pieces of the board.
Your other arm is fully retracted, behind your ear.
Picture a steel cable connecting your hands through a pulley.

It's impossible to move 1 arm without moving other. As you Inhale, you S-L-O-W-L-Y draw back your stronger arm. Imagine storing your **Ki** and muscle power and releasing it, all at once. As you pull back, imagine drawing back a bow. The more you draw it back, the more energy you store. Then you release it, all at once. And as you **Strike** your arm forward, Pull **the other arm** back – fast! When you **Strike**, both arms move in unison with a **quick Jerk**. This doubles your power! As you **Strike**, you can shift your weight to your front foot, same as when you throw a ball.

(Yell!!)

When you **Strike** you'll **Yell "Hai!"** which forces you to exhale very fast. Practice your **Strike** again, 3 more times, **Yell "Hai!"** each time. **Yell "Hai!"** a bit louder each time. And pause a bit between the **Strikes**.

Now put it all together!

- 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....and....Exhale!....(pause) (practice 3 times)
- 5: **As you Inhale, draw your Hips....back....so....Slow....ly....and....WHIP!....**(pause)
(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!....(pause)
(Make sure they JERK both arms in opposite directions)
- 7: **Yell "Hai!" when you exhale...louder each time!** Make them YELL "Hai!"
(Keep practicing until **BOTH of YOU** are confident they will break their Board.)

Pretend my hands are the board. (palms toward you, fingertips touching)
Make three **Strikes**: twice over and the third one right through!
With each one inhale deeply & slowly... and yell loud when you exhale.
Pause a bit between breaths. Make your yell louder each time. Whenever **you're ready!**
(Keep practicing until **BOTH of YOU** are confident they will break their Board.)

(WHAT – WHY – HOW MUCH)

Now! Before you do this for real, let's remember WHY we're doing it!
Focus on your real-life Goal. See your goal in front of you, already achieved.
Make the image close, bright, colorful, moving, with sound.
Make it closer, brighter, louder. Don't look at the board. Focus on my eyes!

(Visualize the Future)
(Quietly and intensely)

Can you **imagine that it's already been done!**
You have already broken the board. Can you **see yourself immediately after that.**
You can **see the board already broken.**
Imagine how you will feel when **you have already broken this board in half!**
Are you 100% committed to **break this NOW!**

(Pump them UP!)
(Enthusiastically! Growing LOUDER as you go!)

Are **you ready to do this now!** Get your energy going.
Get your heart pounding and your blood flowing.
Show me how excited you will be when **you achieve this goal!**
Show me how excited you will be when **you easily break through this board!**

You are ready! You got this! Stance! Centered! Anchored!
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!**