

# Dragon's Den Martial Arts

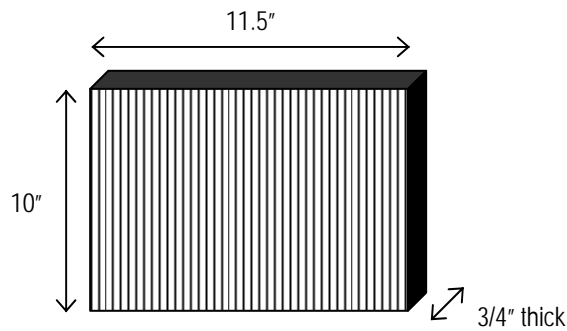
## World Tang Soo Do Association

### Breaking

### What to look for when choosing breaking boards

**Size:** 11.5" x 10" x 3/4" (1" X 12" is the size to buy)

**Type:** Dry White Pine

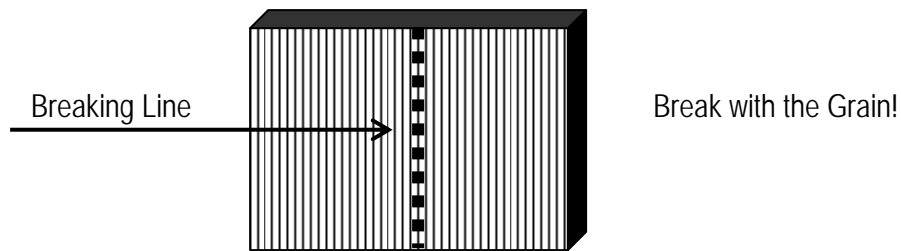


#### Grain:

- ☉ Tightly spaced together
- ☉ No knots
- ☉ Straight wood

#### End Grain:

- ☉ Spaced together straight up and down
- ☉ Tightly spaced and curved – acceptable



Good for Breaking:	NOT Good for Breaking:
✓ Hollow sound	☉ Heavy sound
✓ Ability to scratch fingernails into wood	☉ Too hard to scratch
✓ Dry	☉ Moist or containing sap

**NOTE:** Children's Board Size = 11.5" x 8" x 3/4"