

## July 2<sup>nd</sup> – Demo Plan Sheet

KEY:

**Holder**

**Breaker**

- I. Line Up
- II. Basic Techniques:

Single Punch; 3 Times  
Double Punch; 3 Times  
Triple Punch; 3 Times  
\*\*Hand Techniques\*\*  
\*\*Kicking Technique\*\*

- III. Board Breaking:

Number 1: (2 Boards)  Grace → Frankie      Conor ← Kristi	Number 2: (4 Boards)  Kelly → Frankie Joanna ← Aidan
Number 3: (2 Boards)  Kevin → In. Scott      Hristos ← Anthony	Number 4: (2 Boards: Grace & Kelly)  Kristi → Hristos Conor → Hristos
Number 5: (4 Boards)  Hristos → In. Scott	Number 6: (2 Boards: Koryo Pomse)  Vincent → In. Scott      Hristos ← Conor  *Joanna - Chair

- IV. Closing