

Visit Kyuki-Do.com or scan the QR code to register.



BLASTING THROUGH BOARDS

PRESENTED BY MASTER BJORKQUIST

Come ready to smash boards as you strengthen your mind and body in this awesome board-breaking AKF event for all ranks!

WHEN: Fri. Dec. 6, 2024 / 6-8CST

WHERE: Poland's MMA / 2137 E. Hwy. 377, Granbury, TX 76049

Cost: \$70 per person / \$140 per family

Please be sure to wear a workout uniform. Virtual participants are required to have either rebreakable or wooden boards available and must participate from their home academy so that they can have access to either wooden or human holders. See your instructor should you need to purchase boards.

Questions? Call 847-804-8588