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And, speaking of karate breaking techniques, we come to the juice of this martial arts article. If you want to break a cranium, you

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need to practice your martial arts breaking techniques on similar objects first. Start with Karate board breaking. To build your break a board technique, start with one board. Number two pine, an inch thick, 12 by 12.

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Breaking techniques are often practiced in taekwondo. Here four concrete paving bricks are broken with a knife-hand strike. Breaking can often be seen in karate,

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taekwondo and pencak silat. For  
Spetsnaz are also known for  
board and brick breaking, but not  
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*Breaking (martial arts) -  
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