



SOLDI GALING: Karlie Rose and Karlianne Rose hold the medals they won in the Taekwon-Do Junior World Championships. Photo: Arthur Rossini

Dynamic Dann now a world champion

Coast is bringing home a swag of medals from Taekwon-Do Junior World Championships

SOLDI GALING Karlie Rose and Karlianne Rose hold the medals they won in the Taekwon-Do Junior World Championships. Photo: Arthur Rossini

...the women's power breaking and sparring categories. But it was Dann's great work in the last two years power breaking that really made the rest for her. She has broken through the ranks to become a world champion in the last year by breaking two boards with a single hand strike.

...three boards with a one kick and one hand strike. She is currently ranked 1st in the world.

...That is a great feat. She is currently ranked 1st in the world.

...Dann and Cooper were the only two women to break two boards in the last year.

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Power Breaking Seminar

Learn from World Champion Power Breaking Coaches

Any grade - 12 yrs and above (younger age by consultation)

Includes coloured belt grading breaking requirements

\$45 individual, \$85 family of two, \$90 family of three or more.

Multiple breaking stations

Bring runners with thick socks (protection), lunch, refreshments, enthusiasm

Pre seminar registration required <http://itkd.co.nz/events/register/event.php>

(Pay on the day)