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# Karate Board Breaking - Team Building

This is a team building exercise where participants learn martial arts techniques with with a Guinness World Record holder before moving onto breaking wooden boards as a finale. Available Australia wide  
[www.hiddendoor.com.au](http://www.hiddendoor.com.au)

You can also find this article published on [Karate Board Breaking - Team Building](#), and on the tag pages [Board](#), [Breaking](#), [Building](#), [Karate](#), [Team](#).