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## Breakness

Our goal is not only to strengthen ourselves, but also to improve our movement. Coordination, rhythm feeling, body awareness and movement accuracy. We can develop these basic skills with the breakthrough, which capabilities can be developed later, even when implementing a self-weighted or even weight lifting exercise. Rolling warm up, hardcore strain reinforcement, and then techniques to learn different support situations. Make your workout more colorful once a week!

**Teacher:** Mr. Zoltán Filkóházi

**Time:** Tuesdays at 16:00-17:30

**Location:** PTE Dancing Studio (Ifjúság útja 6. building B)

For registration please log in at the right bottom part of the page. If any problem occurs please refresh the page.

### [REGISTRATION](#) **[1]**

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**Source URL:** <https://tancolo.pte.hu/en/course/breakness>

#### Links

[1] [https://tancolo.pte.hu/en/breakness\\_20182019\\_ji](https://tancolo.pte.hu/en/breakness_20182019_ji)