



## Fact File

### **My guidance for attempting to break the world record for the Most T-shirts torn in one minute**

This looks easy, I agree. But if you try, you could discover two things: how strong material can be, and how quickly you need to grip the shirts. I spent money getting just the right shirts to practise with, so I hope you've got some unallocated pocket money. If it brings you the type of joy and inner satisfaction it brought me, maybe its worth the effort. Your call.

To start, gear up for a few rules, such as:

- use shirts from the shop.
- have witnesses present.

No, this is not only about your agility and the speed of your hands. It is definitely also about the thought you put into it. You need a sequence, and you need rhythm. Plus, to give you confidence, you ideally need strong arms. That's not much, but its still a brief list.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.*