

EXTERNAL BATTLE

Sunny travels the globe to compete in Olympic-qualifying battles where she faces stiff competition from China, France, Italy, etc. When Sunny started breaking 15 years ago, she was often the only woman competing against men. Now, in the blossoming b-girl circuit, rival b-girls are half her age.

She'll need to overcome the grueling schedule on the road to keep her aging body free from injury and in the hunt for gold. But as a former elite gymnast and Olympic hopeful, Sunny is built for the moment. She'll do what it takes for her one shot at glory.





INTERNAL BATTLE

Sunny knows that the cost of high achievement is personal sacrifice. As a kid, she sacrificed friends and youth for gymnastics. As an adult, she sacrificed her professional career to pursue the Olympics. But the repercussions of a life of sacrifice trouble Sunny's mental health.

In intimate therapy sessions, Sunny confronts her lifelong depression and anxiety. She reveals traumas of growing up Asian in Kentucky and fears a depressive episode during the Olympics. Breaking is raw, honest self-expression and to be her best, Sunny must first find self-acceptance.