

MARTIAL ARTS INCORPORATED'S  
**PRE-SUMMER COURSE SALE**

EVERY YEAR WE GET A SUMMER RUSH OF PEOPLE WANTING TO DO OUR MOST POPULAR FITNESS AND FIGHTING COURSES. THIS YEAR WE ARE OFFERING A GREAT INCENTIVE TO BOOK EARLY.

# FIGHTING FITNESS PROGRAM & MMA WARRIOR COURSE

## *The Fighting Fitness Program*

**The Fighting Fitness program consists of training 3 days a week for 1 & 1/2 hours each session for 4 weeks. Each training session is set out and designed for maximum results. The times can be arranged around your schedule. The training is hard but great fun. Maximum results in minimum time. The normal price for the FFP is €1500. Now only €799!!!**



## *The MMA WARRIOR COURSE*

**The MMA WARRIOR COURSE is the fastest way to train and learn all the tips, tricks and techniques to enable you to fight using all of your ranges: Kicking, Punching, Clinching (including knees & elbows), Takedowns & Grappling. Train twice a week for 4 weeks and learn all the techniques needed to win a professional MMA bout. Each session is 1.5 hours long. The normal price for the MMAW is €999. Now only €499!!!**

OFFER ENDS APRIL 31st 2010

AMAZING SAVINGS. PAY NOW AND ATTEND THE COURSE WHENEVER SUITS.

**PRICE WILL DEFINITELY GO BACK TO NORMAL FROM MAY 1<sup>ST</sup> 2010.**

**SALE SALE SALE SALE SALE SALE SALE SALE**

The times of each session are up to you and your schedule.

We are available from 10am to 10pm 6 days a week.

Please book early as we can only run a limited number of these courses per month. €100 deposit secures your month.

Martial Arts Incorporated:

5 Brunswick Court, North Brunswick Street, Dublin 7, Ireland.  
Tel: 00353 1 6776592  
K1 Centrepont, Rosemount Business Park, Dublin 11, Ireland.  
Tel: 00353 1 8293550  
1 Brookfield Terrace, Blackrock, Co. Dublin, Ireland.  
Tel: 00353 1 2064711  
Email: [info@martialartsinc.com](mailto:info@martialartsinc.com)  
Website: [www.MartialArtsInc.com](http://www.MartialArtsInc.com)

