

INTRO **2** KICKBOXING **4** ADULTS

GET A 'KICK' START IN KICKBOXING WITH OUR SPECIAL INTRODUCTION COURSE FOR BEGINNERS (WOMEN & MEN). IT DOESN'T MATTER IF YOU ARE FIT OR NOT AND IT DOESN'T MATTER WHAT AGE YOU ARE. WE WILL TEACH YOU EVERYTHING YOU NEED TO KNOW IN THIS SPECIAL COURSE. YOU WILL THEN BE CONFIDENTLY ABLE TO JUMP INTO ANY KICKBOXING CLASS WITHOUT FEELING OUT OF PLACE.



- YOU WILL LEARN:
- ☯ THE BEST TARGETS
 - ☯ THE MAIN PUNCHES
 - ☯ THE MAIN KICKS
 - ☯ HOW TO BLOCK
 - ☯ HOW TO AVOID A STRIKE
 - ☯ FOOTWORK & MOVEMENT
 - ☯ COMBINATIONS
 - ☯ FITNESS DRILLS
 - ☯ CONDITIONING EXERCISES
 - ☯ FLEXIBILITY TRAINING
- AND MUCH MORE....



WITH OUR METHOD OF TEACHING, KICKBOXING IS VERY EASY TO LEARN. YOU CAN SPEND A LIFETIME PERFECTING IT BUT WE WILL HAVE YOU KICKBOXING IN NO TIME AT ALL.

RESERVE YOUR PLACE NOW TO AVOID DISSAPPOINTMENT.
PLACES ARE LIMITED TO ONLY 20 PARTICIPANTS.

WHEN:

Sunday 12th September 2010. 11am to 12.30.

WHERE:

Martial Arts Incorporated, Unit 5 Brunswick Court,
North Brunswick Street, Dublin 7.
Tel: 01-6776592 Web: www.MartialArtsInc.com
(map & directions online)

HOW MUCH:

The cost of this course is only €20 and this includes a FREE pair of training mitts. (All you need are comfortable clothes & a towel)

A DEPOSIT OF €20 IS REQUIRED TO BOOK YOUR PLACE.

Visit our professional martial arts studio and meet our top level black belt instructors.
www.MartialArtsInc.com

