

KICKING SEMINAR



We have decided to once again run our popular kicking seminar. This seminar is a must do for those who like kicks or those who struggle with them. Duration is two hours and during this time we will practice various drills to improve all of your kicks from the most basic to the advanced. Many kicks will be covered and you will be shown exercises to help balance, speed, form, power, flexibility, distance and timing.

Date: Sunday 12th February 2012

Time: 11am-1pm

Location: MAI Dublin 7

Cost: 30 euro

Full fee must be paid to reserve a place.