

# ANNOUNCING

# TEAM M.A.I. 2012

## STARTS:

MAI D.15: FRIDAYS 6PM – 8PM – FROM MARCH 2<sup>ND</sup>  
MAI D.7: SATURDAYS 11AM – 1PM – FROM MARCH 3<sup>RD</sup>

## HOW IT WORKS:

IF YOU WANT TO IMPROVE YOUR FIGHTING AND/OR COMPETE, THIS IS YOUR PERFECT OPPORTUNITY. YOU DON'T HAVE TO BE EXPERIENCED TO JOIN THE TEAM AS IT'S OPEN TO EVERYONE; MEN, WOMEN AND UNDER 18's. THIS IS ARGUABLY THE BEST TRAINING OF THE WEEK. TEAM MAI ARE CONTINUOUSLY WINNING MEDALS AND TROPHIES AT ALL EVENTS FOR THE PAST FEW YEARS. THERE WILL BE VARIOUS COMPETITIONS THROUGHOUT THE YEAR BUT YOU DON'T HAVE TO COMPETE IF YOU DON'T WANT TO.

## WHAT WILL BE COVERED:

POINTS  
CONTINUOUS  
FULL-CONTACT  
GRAPPLING  
MMA

TAUGHT BY DECLAN KIDD,  
KEITH QUINN AND GUESTS.

## RULES:

THERE ARE ONLY 25 PLACES AVAILABLE AT EACH LOCATION TEAM.  
YES! ONCE YOU JOIN YOU CAN ATTEND TRAINING AT EITHER OF THE DOJOS OR BOTH!  
PUNCTUALITY IS A MUST.



**TEAM MEMBERS CAN ATTEND TRAINING AT BOTH MAI DOJOS AT NO EXTRA COST.**

## COST

THE COST FOR ADULTS = 249 EURO (IT WAS 349 PREVIOUSLY)  
(WORKS OUT AT APPROX. 6 EURO PER SQUAD TRAINING SESSION!)  
THE COST FOR UNDER 18's = 199 EURO

€50 DEPOSIT IS A MUST TO KEEP YOUR PLACE.  
THE COST HAS BEEN KEPT TO A MINIMUM AND IT COVERS TEAM MEMBERSHIP AND TRAINING UNTIL THE END OF 2012

[www.MartialArtsInc.com](http://www.MartialArtsInc.com)

