

MMA FOR FITNESS & FUN 4 WEEK COURSE



TAUGHT & COACHED BY FORMER PROFESSIONAL MMA FIGHTER,
ROBERT 'THE DRUID' DEVANE

THIS IS A 4 WEEK COURSE.

SUITABLE FOR ALL LEVELS (Teens & adults)

STARTS: Tuesday 3rd April
8pm to 9pm

COST: 50 EURO FOR THE 4 TUESDAY'S

AT M.A.I. DUBLIN 7

MARTIAL ARTS INCORPORATED DUBLIN 7, UNIT 5 BRUNSWICK COURT, DUBLIN 7
(OFF NORTH BRUNSWICK STREET) Tel: 01-6776592

PLACES ARE LIMITED AND THE FULL FEE MUST BE PAID TO BOOK YOUR PLACE.
YOU CAN REGISTER BY EMAIL, OVER THE PHONE OR IN PERSON.

PLEASE WEAR COMFORTABLE CLOTHES SUITABLE FOR GRAPPLING. GROIN
GUARDS AND GUM SHIELDS ARE NECESSARY TOO. A SPARE T-SHIRT AND A
SWEAT TOWEL WILL COME IN HANDY ALSO.

THIS IS AN MMA FOR FITNESS AND FUN COURSE.
IT'S NOT GEARED AT COMPETITION OR EGOS.
A LOT OF TECHNIQUE WILL BE TAUGHT AND WE'LL BE
GETTING THROUGH ALL THE FUNDAMENTALS OF STAND UP
AND GROUND WORK OVER THE 4 WEEKS.

INCORPORATING; BOXING, MUAY THAI, CLINCHING,
WRESTLING, BJJ AND GROUND AND POUND.

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