

M.A.I. 2008 EVENTS

<u>MONTH:</u>	<u>DATE:</u>	<u>DAY:</u>	<u>TIME:</u>	<u>EVENT:</u>
JANUARY:	1 ST – 31 ST	UNLIMITED GROUP CLASS MEMBERSHIP SALE		
FEBRUARY:	10 TH	SUNDAY	10 – 5PM	CQC COURSE
	23 RD	SATURDAY	3PM	GRADING1
MARCH:	1 ST	SATURDAY	11 – 1PM	TEAM MAI STARTS
	30 TH	SUNDAY	12 – 3PM	WOMENS S-DEFENCE
APRIL:	12 TH	SATURDAY	1 – 4PM	CLUB COMP 1 – D7
	26 TH	SATURDAY	3PM	GRADING2 – D15
MAY:	18 TH TBA	SUNDAY	10 – 5PM	CQC COURSE FIGHT EVENT
JUNE:	2 ND to 6 TH	MON to FRI	10 – 1PM	FIGHTING FIT WEEK
	21 ST	SATURDAY	10 – 6PM	IRISH CUP COMP
	28 TH	SATURDAY	3PM	GRADING3
JULY:	7 TH – 11 TH	MON to FRI	10 – 1PM	KIDS SUMMER CAMP1
	14 TH - 18 TH	MON to FRI	10 – 1PM	KIDS SUMMER CAMP2
	26 TH	SATURDAY	1 – 4PM	M. A. TRICKS
AUGUST:	10 TH	SUNDAY	10 – 5PM	CQC COURSE
	11 TH – 15 TH	MON to FRI	10 – 1PM	MMA WARRIOR WEEK
	23 RD	SATURDAY	3PM	GRADING4 – D15
SEPTEMBER:	13 TH	SATURDAY	1 – 4PM	KB INTRO BEGINNERS
	21 ST	SUNDAY	12 – 2PM	PICTURE DAY
	28 TH	SUNDAY	12 – 3PM	WOMENS S-DEFENCE
OCTOBER:	11 TH	SATURDAY	1 – 4PM	CLUB COMP 2 - D15
	25 TH	SATURDAY	3PM	GRADING5
NOVEMBER:	16 TH	SUNDAY	10 – 1PM	MMA FIGHTING
	23 RD	SUNDAY	10 – 5PM	CQC COURSE
DECEMBER:	13 TH	SATURDAY	3PM	GRADING6
	21 ST	SUNDAY		CHRISTMAS EVENT

EVENTS EXPLAINED

CLOSE QUARTER COMBAT COURSES

LEARN SELF-DEFENCE USING ALL THE SKILLS YOU ALREADY HAVE. EVERYONE SHOULD DO THIS COURSE AT LEAST ONCE AS IT IS VERY DIFFERENT TO KICKBOXING.

GRADINGS

PERFORM THE REQUIRED SYLLABUS TO GET YOUR BELT AND PROGRESS TOWARDS BLACK BELT.

WOMENS SELF-DEFENCE COURSE

THIS IS A GREAT COURSE FOR ALL WOMEN INTERESTED IN BEING CONFIDENTLY ABLE TO DEFEND THEMSELVES. RUN BY LOUISE.

CLUB COMPETITIONS

SECTIONS FOR MEN, WOMEN & KIDS IN POINTS & CONTINUOUS. COMP 1 WILL BE HELD IN D7 AND COMP 2 IN D15. OVERALL CHAMPIONS WILL BE DECLARED.

FIGHT EVENT

M.A.I. WILL BE TAKING ON ANOTHER CLUB IN AN AMATEUR MMA INTERCLUB COMPETITION.

FIGHTING FITNESS WEEK FOR ADULTS

ONE INTENSIVE WEEK OF TRAINING TO GET YOU SUPER FIT FOR THE SUMMER. MAKE SURE TO ORGANISE YOUR DAYS OFF WORK FOR THIS.

KIDS SUMMER CAMP

MARTIAL ARTS TRAINING, GAMES, DVD'S, STORIES AND MOST OF ALL FUN!

MARTIAL ARTS TRICKS

THIS SEMINAR WILL TEACH YOU SOME FLASHY KICKS, GYMNASTICS & BREAKDANCING AS USED FOR DEMONSTRATIONS & CREATIVE FORMS. THERE ARE MOVES FOR ALL LEVELS OF ATHLETICISM.

MMA WARRIOR WEEK

TRAIN FOR A WEEK WITH OTHERS IN THE POPULAR SPORT OF MMA. LEARN THE TECHNIQUES INVOLVED AND BRING YOUR SPARRING GEAR.

KICKBOXING ACCELERATED INTRODUCTION FOR BEGINNERS

THIS IS THE BEST WAY TO 'KICK' START YOUR TRAINING. THIS SEMINAR WILL GO THROUGH EVERYTHING YOU NEED TO KNOW IN ORDER TO COMFORTABLY JUMP INTO ANY OF OUR CLASSES.

PICTURE DAY

GET YOUR MARTIAL ARTS ACTION OR STILL PICTURES – GREAT FOR HOME DISPLAY, PRESENTS OR SOUVENIRS. ALL YOU NEED IS YOUR TRAINING WEAR.

MMA FIGHTING

LEARN DISTANCE AND CLOSE RANGE STRIKING. TAKE DOWNS AND AVOIDING THEM. THE BEST POSITIONS AND SUBMISSIONS FROM THE GROUND. OPEN TO EVERYONE.

THE M.A.I. BIG CHRISTMAS EVENT

WE WILL ANNOUNCE THIS LATER IN THE YEAR.