

FREE KICKBOXING INTRO FOR ADULTS

GET A 'KICK' START IN KICKBOXING WITH OUR SPECIAL INTRODUCTION CLASS 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 SESSION. YOU WILL THEN BE CONFIDENTLY ABLE TO JUMP INTO ANY OF OUR KICKBOXING CLASSES 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.

PLACES ARE LIMITED TO ONLY 20 PARTICIPANTS.

WHEN?:

SATURDAY 7th SEPTEMBER 2019. 1PM TO 2PM.

WHERE?:

Martial Arts Incorporated, Unit 5 Brunswick Court,
North Brunswick Street, Dublin 7.

Tel: 01-6776592 Web: www.MartialArtsInc.com

Email: info@martialartsinc.com

(map & directions online)

HOW MUCH?:

FREE for new participants to try it out.

(All you need are comfortable clothes)



YOU MUST BOOK YOUR PLACE SO PLEASE

CALL, EMAIL OR DROP IN.

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

www.MartialArtsInc.com