

# FREE KICKBOXING INTRO FOR KIDS

KID'S CAN GET A 'KICK' START IN KICKBOXING WITH OUR SPECIAL INTRODUCTION CLASS FOR BEGINNERS. CALLING ALL BOYS & GIRLS FROM 5 TO 13 YEARS OLD. WE WILL TEACH THEM EVERYTHING THEY NEED TO KNOW TO START. THEY WILL THEN BE CONFIDENTLY ABLE TO JUMP INTO ANY OF OUR KID'S KICKBOXING CLASSES (WE'VE FOUR CLASSES A WEEK).

THE KID'S 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. THEY CAN SPEND A LIFETIME PERFECTING IT BUT WE WILL HAVE THEM KICKBOXING IN NO TIME AT ALL.

**RESERVE YOUR PLACE NOW.**

PLACES ARE LIMITED TO ONLY 20 NEW PARTICIPANTS.

**WHEN?:**

SATURDAY 23<sup>RD</sup> FEBRUARY 2019. 12PM TO 1PM.

**WHERE?:**

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

Tel: 01-6776592 Web: [www.MartialArtsInc.com](http://www.MartialArtsInc.com)

Email: [info@martialartsinc.com](mailto:info@martialartsinc.com)

(map & directions online)

**HOW MUCH?:**

**FREE** for new participants to try it out.

(All they need are comfortable clothes)

**PLACES MUST BE BOOKED SO PLEASE**

CALL, EMAIL OR DROP IN.



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



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

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