

# **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 7th SEPTEMBER 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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