

# KICKING WORKSHOP 2019

Who loves powerful & spectacular martial arts kicks?

If you find them difficult or you simply want to become a better kicker, this seminar is for you 😊

Duration is two hours and during this time we will practice various drills to improve all of your kicks from the most basic to the advanced. Many kicks will be covered and you will be shown exercises to help balance, speed, form, power, flexibility, distance and timing.

This seminar will be taught by senior instructor and 4th Dan Black Belt, Declan 'Kickin' Kidd.



**Date:** Sunday 12th May 2019

**Time:** 11am-1pm

**Location:**

MAI Dublin 7, 5 Brunswick Court, D.7.

Tel: 01-6776592

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**Cost:** only 25 euro



**Full fee must be paid to reserve your place.**