

**WE'RE BRINGING IT BACK!**

# **TEAM M.A.I. 2019**

**STARTS:**

Martial Arts Incorporated Dublin 7:

**SATURDAYS 10.30AM – 12PM – FROM APRIL 27<sup>th</sup> to SEPTEMBER 28<sup>TH</sup> 2019**

**HOW IT WORKS:**

**IF YOU WANT TO IMPROVE YOUR FIGHTING/SPARRING AND/OR COMPETE, THIS IS YOUR PERFECT OPPORTUNITY. YOU DON'T HAVE TO BE EXPERIENCED TO JOIN THE TEAM AS IT'S OPEN TO EVERYONE; MEN, WOMEN AND KIDS. IT WILL BE ARGUABLY THE BEST TRAINING OF THE WEEK. TEAM M.A.I. HAS WON MANY MEDALS AND TROPHIES OVER THE YEARS INCLUDING AT WORLD LEVEL. THERE WILL BE VARIOUS COMPETITIONS THROUGHOUT THE YEAR BUT YOU DON'T HAVE TO COMPETE IF YOU DON'T WANT TO.**

**WHAT WILL BE COVERED:**

**POINTS & CONTINUOUS KICKBOXING**

**TAUGHT BY IRISH CHAMPION AND MEMBER OF THE IRELAND TEAM AND THE HITMEN SQUAD; DECLAN KIDD.**

**RULES:**

**WE NEED A MINIMUM OF 10 PEOPLE TO GET THIS GOING SO GET YOUR DEPOSIT IN NOW!**

**PUNCTUALITY IS A MUST FOR TRAINING.**

**COST:**

**THE COST ADULT = ONLY 149 EURO!**

**WORKS OUT AT APPROX. 4 EURO**

**PER HOUR OF SQUAD TRAINING!!!!!!**

**CHILD = ONLY 99 EURO!**

**MINIMUM €20 DEPOSIT TO KEEP YOUR PLACE**

**THE COST HAS BEEN KEPT TO A MINIMUM**

**AND IT COVERS TEAM MEMBERSHIP AND TRAINING**

**UNTIL THE END OF SEPTEMBER 2019**

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

