

Martial Art CLASSES

2 FREE Lessons

Martial Art Classes for 5-12 year old boys & girls

Improving strength, fitness, flexibility,
confidence and motivation

School Holiday Program

3 days from 4:15pm to 5:00pm
Tuesday, 12th July * Thursday, 14th July*
Friday, 15th July

Our concentrated holiday program will allow children to try new things and gain resilience, developing confidence and self-esteem. Children will make new friends and training on consecutive days will give them the training that he or she would normally acquire in weeks of normal classes.

New students welcome.

Tuesday, 12th July

Kung Fu kicking tutorial: Learn the perfect kick (speed, power and balance)

Thursday, 14th July

Get a head start into your next sash/belt material, play Kung Fu games and learn antibullying tactics.

Friday, 15th July

Mitt and glove tutorial, chi sao (reflex training) and board breaking

Cost:

\$45 for 3 days
\$35 for 2 days
\$20 for 1 day

*2 free lessons excludes the School Holiday Program.



UNDEFEATED

**NO EXCUSES.
NO REGRETS.**

Channel Court
Shopping Centre
(Mezzanine level)
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