

KICKBOXING / SELF DEFENCE

Rolling enrolment every first Wednesday of the month

The Course will include

Warm up and cool down exercises
Basic Pad-work
Basic Combinations
Self Defence techniques
Brief history of our organisation
and much much more.....

What are the Benefits?

Discipline
Fitness
Awareness
Self Defence Skills
Friendship
Team Spirit



Courses start first Wednesday of every month

Have you ever thought about taking up Martial Arts. Now is the time, enrol with us and get a **FREE** club T-Shirt worth £12.

Suitable for 12 years and above at a cost of £30 (juniors) and £36 (adults).

If you would like to enrol please call Julie on 07747607657. We are located at South Benfleet Foundation Primary School, High Road, South Benfleet, SS7 5HA. Classes are held on Wednesday 7pm -8pm.

For more information visit our website at www.kickboxing-essex.co.uk

McAllister Academy Of Martial Arts