



KICKBOXING CERTIFICATE ONE

Tess is well known as a great boxing trainer and personal fitness trainer. She has now expanded her qualifications into Kickboxing and would love to share these skills with you to expand your fitness options.

This course will teach all the basic boxing techniques, and then expand into kickboxing techniques of kicking, knees and putting these into combinations.

Learn to move, think and react with the grace, poise and speed of a fighter.

Kickboxing is great for men or women as it boosts self-confidence, burns fat and tones the body.

Fighting Fit provides all of these benefits in a non-threatening environment. As we say....Get Fit, Don't Get Hit!!!

Get a kick out of life!!!!

Course Code 03/10 2nd February through to 11th March 2010

**Tuesday and Thursday
at 6:30pm to 7:15pm**

Course Cost: \$300 plus equipment

Course Details: Two sessions per week
Six week course
Limited numbers per course (12 people max)

Topics Covered

- ✓ Wrapping Hands
- ✓ Stance
- ✓ Movement Drills and Patterns
- ✓ Punches
- ✓ Kicks
- ✓ Knees
- ✓ Combinations

Equipment (\$100 extra):

- ✓ Sports bag ✓ Hand wraps ✓ 12oz boxing gloves
- ✓ Skipping rope ✓ Water bottle ✓ T-Shirt

***For more information on this course please contact Tess Aisthorpe on
Mob: 0421 931 182, or tess@fightingfit.net.au***



***Take your training
to the next level!!!***

