

SCHOOL HOLIDAY CAMP

LEARN THE BOXING BASICS

Attention: All parents

Does your child suffer from low self esteem?

Do they have difficulties interacting with other kids?

Do they need encouragement to get up and exercise?

Do you want to rest assured that they will stand up for themselves?

If so, WE CAN HELP!

The 2 day basics program will develop your child with the following skills and more:

Basics include:

- Correct boxing stance and foot work
- Snapping and driving the jab
- Correct technique for power punching
- Combinations including hooks and body punches
- Evasive skills to avoid being punched
- How to avoid being pinned into a corner
- Self belief and confidence to stand your ground
- Body Sparring and Ring craft drills
- Course qualifies entry into future Box' Tag events



CAMP DETAILS

Tues 21st & Wed 22nd July 2009

(Suitable for kids who have little or no experience with boxing. Kids will learn basic skills and participate in fun games and competitions throughout the 2 days)

Cost: \$120 (1st child)

\$90 (additional siblings)

Time: 10.00am till 2.00pm

BYO: Packed lunch & Drink bottle

**To enrol or for more information, contact
Alicia via email:**

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