

# STRONGARM

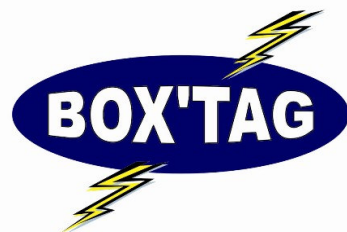
**BOXING & FITNESS**

1/16-18 Resolution Drive Caringbah  
Ph 9525 6945

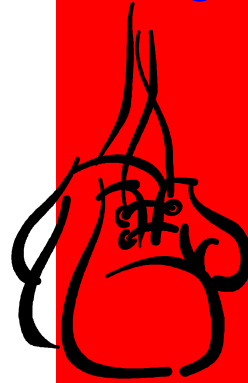
This is your chance to learn the ins and outs of boxing. This course is perfect for beginners and ideal for those that want to take their boxing training to the next level.

Undergoing this course will also enable you entry into future Box'Tag competitions.

To find out when the next course is being offered call your Strongarm Team Member on 02 9525 6945 or visit our website [www.strongarmboxing.com](http://www.strongarmboxing.com)



Do you want to learn the TECHNIQUE to *ENHANCE* your Boxing Skills??



**Beginners Course!!**

Learn

How to wrap your own hands

Correct skipping technique

Correct stance and balance

Snapping and driving the jab

Gain more power in your punches

Execute rips, hooks and uppercuts

Self defence, evasive moves

Slip and counter the opponent

Attacking a moving target

Parry and block the incoming punch

Learn ring craft techniques

How to control the boxing ring

How to pin your opponent into a corner

Learn sparring tips

How to read an opponent's body language

Measure your fitness level