

Combat Fitness Boxing Workshop

Nationally Accredited Kinect Australia & Fitness Australia

Half Day Workshop Wednesday 2nd March, 25th May, 24th Aug, 2nd Nov 2011

Workshop is aimed at trainers who may be needing some fresh skills & knowledge in the combat fitness areas of boxing, kickboxing or advanced pad workouts. This could include staff working with clients in a one on one or small group boxing sessions.

In this workshops the following will be covered: practical warm ups, correct boxing techniques ie, jab, cross, hook, rip, safe use of focus mitts, impact shields and bags, learn all beginner punch combos and strength drills using the focus mitts, impact shields and bags. Suitable for one on one and small groups of 4 up to 20. Instructional manual with lesson plans included, 1. PDP or 3. C.E.C,

The workshop will be run by All Stars Group who has provided training in combat fitness ie boxing, kickboxing and advanced pad holding in the fitness industry over the last 10 years.

VENUE: All Stars Martial Arts Academy
Virginia Park Estate, North Drive
10/236-262 East Boundary Road
East Bentleigh, Victoria
(Venue is close to public
transport and free parking is available)

TIME: 1-4pm

COST: \$175.00 (Includes GST) Payments must be made prior to

ENQUIRIES: Phone during business hours
on 03-9579 0800
Fax 03-9579 0866
Email: info@allstars.net.au
Website: www.allstars.net.au

This workshop, as well as others, can be run in house for your organisation, including in country Victoria and interstate.

I wish to enroll in the workshop of combat fitness to be held on Wednesday 2011.
Name.....
Address.....Postcode.....
Phone:.....Fax:.....
Email:.....

Please note all payment must be received one week prior to commencement of workshop. Post payment in full (\$150.00) to: All Stars Martial Arts Academy 10/236-262 East boundary Road, East Bentleigh Vic 3165. Cheques payable to All Stars. Registration closes one week before the workshop. No refund will be given if cancellation occurs less than 72 hours before the workshop. Cancellation at any time will incur a \$22.00 administration fee. ABN 70 056 285 360. This form becomes a TAX INVOICE once payment is made.