



## **Boxing Made Easy**

An in depth course teaching you all the fundamentals of boxing, like how to parry, slip, bob and weave and how to hold focus pads. Learn new combinations and drills that will help you when teaching a boxercise course or just training clients, a must for all personal trainers that utilize focus pads while training.

Learn how to use numbers when calling combinations , and various counterpunching drills that will keep your class and clients constantly challenged.

**DATE:** Saturday 14<sup>th</sup> September 2013

**VENUE:** Shuriken Mixed Martial Arts Dojo (REPS facility)

3<sup>rd</sup> floor Highbury Mall Birkenhead

**TIME:** 11am – 3pm

**PRICE:** \$120

Certification on pass of course with 5 CPD points for attendance.

Contact Jason Vorster 0212939102

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