



TEENS KUNG FU

For teens from the ages of 11-15yrs, this class helps build confidence, discipline, teamwork and social skills, improves fitness and self defence knowledge while learning practical skills that will help them with life or foster a love of making combat sports their career!

Members on a current training plan can join in for no further cost, whilst the cost for non members will be \$25 per class.

This class consists of
A warm-up
Focus pad training with a little fitness
Wing Chun Techniques and forms
Contact Reflex training
One Step basic sparring

Mondays 4.15 - 5.30pm

What are you waiting for? Enrol your teen today!

