



Just **'Kick It'!**

Beat The **Bullies** and The **Belly**



www.kidzjustkickit.co.uk



Small class sizes designed to help kids:

 **Beat the Bullies!**

Become confident, learn self defence

 **Beat the Belly!**

Get active, get fit, stay healthy

 **Beat the Boredom!**

Learn an ancient martial art, have fun

 **Be the Best!**

Develop skill, sportsmanship and character



Proud, Passionate and Professional

Muay Thai (Thai boxing)

Learn the ancient, eastern art of Muay Thai in a safe friendly environment!

Known as the science of the nine weapons, your child will learn to coordinate eight parts of the body, and most importantly to use the ninth weapon, their heads!

Support to Achieve the Best

Sessions are designed to be fun, build confidence and fitness whilst also developing sportsmanship and discipline. Class sizes are small to ensure maximum attention and focus on personal targets.

Activities

Pad work; bagwork; games and tailored circuits; Recognised grading syllabus; merits for achievement Days out; demonstrations; history and Thai culture

Competition

Friendly interclub competitions
Opportunity to compete nationally and internationally

Free Membership and Sportivate

We are offering free membership to students who show the right attitude and a real desire to learn. Ages 11-13 may qualify for a subsidised block of taster sessions under the national Sportivate scheme.

Class Times

 **Tuesday:** 5.30-6.30pm 8-13yrs Juniors

 **Thursday:** 5.30-6.30pm 8-13yrs Juniors

 **Saturday:** 12.00-2.00pm Juniors & Adults Mixed

Cambridge Combat and Fitness Centre

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Class sizes are restricted so contact us in advance

