

Dropmore Infant School

Kickboxing Club

Tuesday Afternoons

Fun, non-contact classes



**Basic Strikes: - jabs, hooks, uppercuts,
front and back leg push kicks, roundhouse kicks**

**Basic Blocks:- ducking, blocking with knee, blocking with elbows,
guard up position.**

Self defence is an excellent life skill!

**Taking part in a Fun Kickboxing class is a great
way to build confidence.**

For more information and to book, contact coach Stephen Wright
s.wright@internationaltenniscoaching.com