

## TINY KARATE KYOKUSHINKAI

( AGE 4-6)

What can Kyokushinkai Karate do for your child?

Kyokushinkai Karate provides effective physical and mental relaxation and it helps hyperactive children to channel their energy.

We enroll children from age four and up.



## CHILD ARATE KYOKUSHINKAI (AGES 7-13)

One of the best gifts you can give your child is to give them the opportunity to live a successful life by providing a powerful tool that will help them gain self-confidence, patience, discipline, self-control, humility and self-respect.



## ADULT KARATE KYOKUSHINKAI ( 14 AND UP)

With the Kyokushinkai training methods, an adult will see his / her physical state improve week after week. If compared with himself / herself and not with young people, they will see weekly improvements., the Adults will see their self-confidence and self-control improve much faster.

If you are 30 or older  
And you want to try  
Kyokushinkai Karate,  
Don't hesitate!  
It is never too late to try!



## MUAY THAI (ADULTS 14 AND UP)

Use of punches, kicks, elbows and knee strikes, thus using eight "points of contact" as opposed to "two points" (fists) in boxing and "four points" (Hands and feet) used in other more regulated combat sports, such as kickboxing and savate.



## FULL CONTACT (ADULTS 14 AND UP)

Full Contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination.

## SELF-DEFENSE (14 AND UP)

Kyokushinkai Karate brings many techniques of self-defense for both women and men. It teaches all kinds of effective manners to defend yourself, that it is with the legs, the arms or with common objects, which can be transformed into defensive weapons. it is also provides an excellent tool to master your mind, body, fear and anger.



## CARDIO KICKBOXING (ADULTS 14 AND UP)

Cardio Boxing is a sport-specific equipment-based fitness program. One-hour classes, using conventional heavy bags, are based on authentic kickboxing techniques which provide both resistance training and cardio vascular.

