



What is

Kidz Thai Boxing?

- It's Muay Thai without the sparring, contact or injuries!
- It's Specifically Designed for Growing Young Bodies!
- It's for 8 to 12 year olds!
- It's Non-Contact Pad Based Drills!
- It's Designed and Delivered by Master Trainers!
- It's a Safe Year Round Activity!
- It's a Great Cardio Workout with Benefits!
- It's How to Gain Greater Confidence!
- It's How to Beat The Bully by Not Being A Victim!
- It's How to Get Fit & Have Fun!



Call **56656269** to book your intro lesson now and receive a Kickboxing Kit with shorts, handwraps, membership book and armband if you join by January 31st!

www.southerncrossmartialarts.com

Southern Cross Martial Arts Centre 2/54 Kingston Drive, Helensvale