

# BUILD YOUR

STRENGTH & FITNESS  
SELF ESTEEM  
CONFIDENCE  
ENERGY & DISCIPLINE



WITH **6** SELF DEFENCE CLASSES TO CHOOSE FROM, HOBART PCYC HAS SOMETHING FOR EVERYONE!

LIKE MORE INFO?  
...THEN CONTACT US!

enquiries@hobartpcyc.org.au  
(03) 6107 9206

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## SELF DEFENCE MARTIAL ARTS

KRAV MAGA  
MUAY THAI  
BOXING



GOJU-RYU KARATE  
AIKIDO  
JUDO





\*MOUTHGUARDS REQUIRED



# GOJU-RYU KARATE\*

## 7 yrs+



### CLASS TIMES

MON 4:30-6:30pm  
THU 5:30-7:30pm  
SAT 10am-12pm  
(12-1pm BBelts)

### FEES per class

JNR MEMBER \$5  
JNR CASUAL \$10  
ADULT MEMBER \$10  
ADULT CASUAL \$15

Based on the concept of hard (Go) and soft (ju) styles, learn how to meet your adversary with the opposite of what they're utilising! Classes start with developing flexibility, strength & fitness using Yoga/ Tai chi type forms, while practicing synchronising body movement with famous breathing techniques, 'Ibuki'!

\*MOUTHGUARDS & WRAPS REQUIRED



# MUAY THAI\*

## 15 yrs+

### CLASS TIMES

MON 7:30-9pm BEG.  
WED 7:30-9pm INT.  
FRI 5-6:30pm EXP.

### FEES per class

JNR MEMBER \$5  
JNR CASUAL \$10  
ADULT MEMBER \$10  
ADULT CASUAL \$15

Known as the 'Art of 8 limbs' (because it makes use of 8 points of contact - kicks, punches, knees and elbows), Muay Thai is a stand up combat sport that utilises various striking, clinching, sweeps and throw techniques. Our classes are designed to incorporate students with little or no experience in martial arts and are tailored to the abilities of those who attend ...so whatever your level of fitness, you'll get a full body workout in our Kickboxing classes!

Affiliated with Boxing Aust. Ltd (the national federation for amateur boxing) the PCYC has been teaching and training amateur boxers for many years. Whether you're a beginner learning the ropes or an amateur boxer perfecting your craft, our classes are structured to boost both physical and mental components of fitness while teaching technical boxing skills in combinations, punches, footwork and defence!

# BOXING\*

## 10 yrs+

### CLASS TIMES

MON 6-7:30pm BEG.  
WED 6-7:30pm INT.  
WED 5-6pm JNRS.

### FEES per class

JNR MEMBER \$5  
JNR CASUAL \$10  
ADULT MEMBER \$10  
ADULT CASUAL \$15



INDEPENDENTLY RUN CLASSES



# AIKIDO

## 7 yrs+

### CLASS TIMES

MON 7-8:30pm  
WED 4-5pm KIDS  
THU 7:30-8:45pm  
SAT 10-11:30am

### CONTACT

David Jordaan  
0438 098 415  
aikido.hobart@gmail.com  
www.facebook.com/aikikaitas

Aikido (the way of harmonious spirit) is a modern, non-aggressive Japanese martial art. Utilising anticipation, blending of motion and redirection of force techniques, you'll train with both open hand and wooden weapons (bokken, jo and tanto), learn to fall safely and perform holds, pins and throws!

An Olympic sport since 1964, Judo ('Ju'='gentle' and 'do'='way') is a competitive martial art. Primarily defensive, Judo emphasizes the use of quick movement and leverage to throw an opponent. Great for people of all ages, classes start with a series of warm-up and flexibility exercises, followed by training in the art of 'Ukemi' (learning how to break one's own fall), a technique unique to Judo!



# JUDO\*

## 7 yrs+

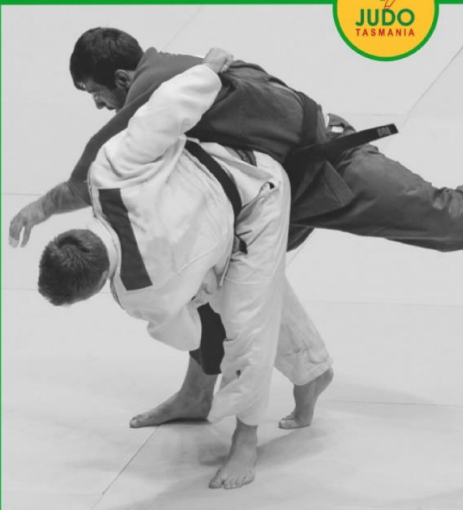
### CLASS TIMES

TUE 5:30-7pm  
THU 5:30-7pm

JUDO KIDS 7-11yrs  
TUE 4:25-5:15pm

### FEES per class

JNR MEMBER \$5  
JNR CASUAL \$10  
ADULT MEMBER \$10  
ADULT CASUAL \$15



# KRAV MAGA

## 10 yrs+

### CLASS TIMES

WED 5:30-6-30pm TEENS  
WED 6:30-7:30pm ADULT

### CONTACT

Darren Belcher 0418 748 121  
info@elevatekravmaga.com.au www.elevatekravmaga.com.au

Developed and used by the Israeli Defence Forces, Krav Maga is known for its practical and realistic techniques and tactics for avoiding, preventing, deterring and handling all types of violent confrontations... A constantly evolving self defence system designed for use in the real world by real people!

