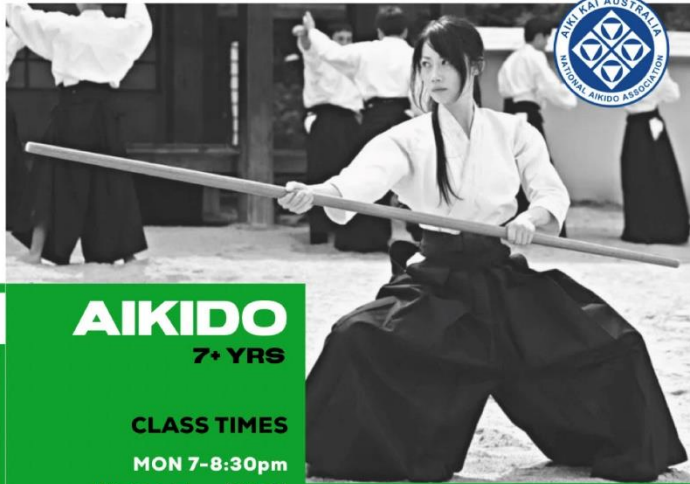


# BUILD YOUR

STRENGTH & FITNESS  
SELF ESTEEM  
CONFIDENCE  
ENERGY & DISCIPLINE



## AIKIDO

7+ YRS

**CLASS TIMES**  
MON 7-8:30pm  
WED 4-5pm (KIDS)  
THU 7:30-8:45pm  
SAT 10-11:30am

### CONTACT

Geoff Duggan  
0408 653 339  
aikido.tas@gmail.com

[www.facebook.com/aikikaitas](http://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!



## SELF DEFENCE MARTIAL ARTS

WITH **7** SELF  
DEFENCE CLASSES  
TO CHOOSE FROM,  
HOBART PCYC HAS  
SOMETHING FOR  
EVERYONE!

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## KRAV MAGA

10+ YRS

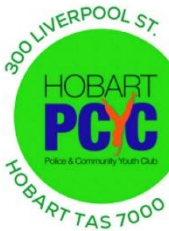
**CLASS TIMES**  
WED 5:30-6-30pm (TEENS)  
WED 6:30-7:30pm (MIXED)  
FRI 6:30-7:30pm (ADULT)

### CONTACT

Darren Belcher 0418 748 121  
info@elevatekravmaga.com.au [www.elevatekravmaga.com.au](http://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!



KRAV MAGA  
MUAY THAI  
BOXING

KYOKUSHIN KARATE  
GOJU-RYU KARATE  
AIKIDO  
JUDO

\*MOUTHGUARDS REQUIRED

\*MOUTHGUARDS REQUIRED

\*MOUTHGUARDS & WRAPS REQUIRED

JUDO\*  
GOJU RYU  
KARATE\*  
KYOKUSHIN  
KARATE\*  
MUAY THAI\*  
BOXING\*

**1ST CLASS IS FREE FOR ANY 1 OF THESE 5 PCYC RUN CLASSES\***

**...SO COME & TRY ONE OUT!**

## JUDO\*

7+ YRS

### CLASS TIMES

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

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

### FEES per class

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

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!



## 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  
ADULT MEMBER \$10  
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'!

## KYOKUSHIN KARATE\*

10+ YRS

### CLASS TIMES

TUE 5:30-7:30pm

### FEES per class

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



A style of full contact, bare knuckle karate that focuses on close range fighting, Kyokushin is Japanese for 'ultimate truth' and is rooted in a philosophy of 'ultimate truth of mind, technique and body'. Training consists of three main elements; technique ('kihon' basics), forms ('kata' formalised sequences of combat techniques) and sparring ('kumite'). You'll learn self-defence methods such as holds, throws and take downs, all while improving your balance, flexibility, co-ordination and fitness!



## MUAY THAI\*

15+ YRS

### CLASS TIMES

MON 7:30-9pm  
WED 7:30-9pm  
FRI 5-6:30pm

### FEES per class

JNR MEMBER \$5  
ADULT MEMBER \$10  
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  
WED 5-6pm (KIDS 10yrs+)  
WED 6-7:30pm

### FEES per class

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

