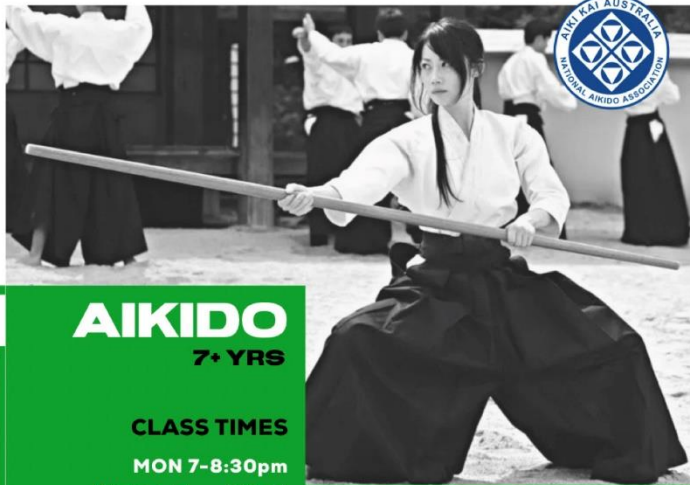


BUILD YOUR

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

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
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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

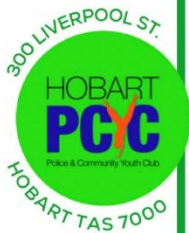


Developed and used by the Israeli Defence Forces, Krav Maga is known for its practical and realistic techniques and tactics for avoiding, preventing, deterring and handling all types of violent confrontations... A constantly evolving self defence system designed for use in the real world by real people!

KRAV MAGA
MUAY THAI
BOXING



KYOKUSHIN KARATE
GOJU-RYU KARATE
AIKIDO
JUDO



300 LIVERPOOL ST.
HOBART TAS 7000

*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*

5+ YRS

CLASS TIMES

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

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

