



ENSO MARTIAL ARTS CLASS TIMETABLE



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Dragons Martial Arts 4 to 6 Years	4:30pm to 5:10pm		4:30pm to 5:10pm			
Junior Karate Program 7 to 12 Years	5:10pm to 6:00pm		5:10pm to 6:00pm			
All Grades Karate Kata Class 7 Years + <i>Bookings required in of 5)</i>				4:30pm to 5:10pm		
Junior Kickboxing Program 7 to 13 Years		5:10pm to 6:00pm		5:10pm to 6:00pm		
Teen / Adult Karate Class 13 Years +	7:00pm to 8:00pm		7:00pm to 8:00pm			
Teen / Adult Kickboxing / Muay Thai Class 13 Years +		7:00pm to 8:00pm		7:00pm to 8:00pm		
Fitness Martial Arts Class Kickboxing / Boxing / HIIT 13 Years +						9:30m to 10:30am
S.W.A.T. Junior Leadership Program 9 to 14 years and by Invitation Only		4:30pm to 5:10pm				

Fitness Health Self Defence Confidence Respect Discipline

13 Chestnut Road, Port Macquarie NSW 2444.



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CLASS EXPLANATIONS

- **Little Dragons Martial Arts (4 to 6 Years)**

The Enso "Little Dragons" program is an age specific curriculum for 4 and 6-year old's that is professionally designed to teach children important life skills in a fun, exciting and enriching manner. Our secret to teaching your child is one of "edutainment" with the children having a great time with the skills and lessons wrapped in fun. The 8 main life skills we teach in our Little Dragons program are: Focus, Self-Control, Memory, Fitness, Coordination, Discipline, Balance and Teamwork. Along with family values such as Good Manners, Respect, Following Directions, Healthy Eating, and Safety Lessons including Stranger Danger, When to Call 000, Fire and Road Safety, this is a program that is more than just punching and kicking.

- **Junior Karate (7 to 12 Years)**

In the Enso Junior Program, we focus on incorporating martial arts skills into a holistic approach to self-defense and personal development. Some of the important life skills your child will learn at Enso are respect, confidence, self defence, self-control, fitness and coordination.

We also reinforce values that you will be teaching your children at home, such as self-respect, how to avoid and deal with bullying, and most importantly when to use their martial arts training. The results from our Junior Program are amazing, with benefits available to all children regardless of age, coordination, or fitness.

- **Junior Kickboxing / Muay Thai (7 to 13 Years)**

We have created a program that is easy to learn, easy to apply and completely safe. Our authentic Kickboxing / Muay Thai program is as a Black Belt program, allowing you to achieve a rank of Black Badge Kickboxing. Enso Martial Arts is affiliated with the peak body Muay Thai Australia.

- **Kata Class (7 Years +)**

Kata is a Japanese word describing a detailed pattern of movements practiced either solo or in pairs. We offer a strong and traditional Kata syllabus in which our focus is not only on teaching the Kata but on teaching applications to the movements that are useful for Self Defence.

- **Teen / Adult Karate (13 Years +)**

We offer Traditional Karate Program that is a complete All-round fighting system. Our classes are based on traditional Japanese Karate, in which we also incorporate the best of Kenpo Karate, Japanese Ju Jitsu, Krav Maga, Muay Thai, bag work and sparring. We believe in an all-round system based on traditional Karate system focused on realistic and effective self-defense.

- **Teen / Adult Kickboxing / Muay Thai (13 -14 Years +)**

Our Kickboxing Program uses stand up striking combining the use of punches, elbows, kicks and knees, along with various clinch work (close range fighting). Strikes are numbered and are given meaning with their various applications as an attacking strike and as a defensive movement. Because of this, our Kickboxing system is extremely easy to follow and apply. Students are taught how to correctly defend the face, body and legs as well as a variety of striking techniques making the human body a human weapon. We also teach the fundamentals of traditional Muay Thai. Apart from learning Kickboxing and self defence, our classes are a great way to improve your Fitness and Flexibility making Kickboxing one of our most popular programs for parents. Whether you need a stress release outlet, a new way to challenge the mind and body, or looking to beat the gym scene our Kickboxing is the program for you.

- **S.W.A.T. Junior Leadership Program (9 to 14 years and by Invitation Only)** - See front desk staff or Shihan Craig for further details.

- **Fitness based Strength & Conditioning Class (13 years +)**

A high intensity Kickboxing / Boxing class based focusing on increasing your overall fitness, strength, and body conditioning. A great class that will push you to your limits and beyond taking your Kickboxing / Muay Thai to the next level.