



# ENSO MARTIAL ARTS CLASS TIMETABLE - 2021



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior Karate Program <i>6 to 12 Years Old</i>	4:40pm to 5:30pm		4:40pm to 5:30pm			
Personal Lessons	5.30pm to 6:00pm		5.30pm to 6:00pm			
Junior Kickboxing Program <i>9 to 13 years</i>		4:40pm to 5:30pm		4:40pm to 5:30pm		
Teen/Adult Karate <i>13 Years +</i>	6:00pm to 7:00pm		6:00pm to 7:00pm			
Ladies Only Kickboxing <i>13 Years +</i>		5:30pm to 6:30pm		5:30pm to 6:30pm		8:00am to 9:00am
Teen/Adult Kickboxing <i>13 Years +</i>		6:30pm to 7:30pm		6:30pm to 7:30pm		
Instructor Training <i>By Invitation Only</i>						10:00am to 11:00am
Fitness   Health   Self Defence   Confidence   Respect   Discipline						

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ACTIVE KIDS PROVIDER  
KARATE & MARTIAL ARTS



# **CLASS EXPLANATIONS**

## **Junior Karate Program (6 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.

## **Teen / Adult Karate Program (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.

## **Mixed 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.

## **Ladies Only Kickboxing / Muay Thai (13 years +)**

Fitness Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Our fitness program combines High Intensity Interval Training (HIIT) with fitness kickboxing routines to build strength and endurance while burning calories fast. Our members keep coming back to our classes because they feel more confident, lose weight, and see progress in achieving their fitness goals. If you are searching for a fun and challenging way to get fit, then you've come to right the place. "I love the classes and have found the coaches and students to be incredibly supportive. This atmosphere is what keeps me coming back for more." The coaches are here to work with members at all fitness levels. We want to motivate you to reach your fitness goals and push yourself harder than you think you can go. Come meet our passionate, dedicated coaches and start your journey to a new you.