



## Martial Arts Classes

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### **Body Combat**

Students with very basic coordination skills. Intensity: MEDIUM. Good For: FAT LOSS, CARDIO TRAINING, COORDINATION, DECREASING BLOOD PRESSURE.

No martial arts experience required. BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.

Every three months, [Les Mills](#) releases a new BODYCOMBAT™ class with fresh choreography and music.

### **Boxing Circuits**

Open to all students. Intensity: MEDIUM/HARD. Good For: SPORTS SPECIFIC CONDITIONING, CARDIO TRAINING, ENDURANCE, FAT LOSS, DECREASING BLOOD PRESSURE.

A circuit class with a punch! Work with pads, bags, skipping ropes and a motivating instructor to put you through your paces. No complicated footwork or coordination skills required, just pure, fast, boxing drills and the usual fare you can expect from a class like this: push ups, crunches and plyometric exercises!

### **Capoeira £**

Good For: SELF DEFENCE, MUSCLE TONE, CARDIO TRAINING, FAT LOSS, MUSCULAR ENDURANCE.

Brazilian martial art developed initially by African slaves in Brazil, starting in the colonial period. It is known for its fluid acrobatic play, where technique and strategy are the key point as well as the use of feints and subterfuge, and use groundwork extensively, as well as sweeps, kicks, and headbutts. The class carries a fee which is paid directly to the instructor.

### **Muay Thai Kickboxing**

Open to all students. Intensity: HARD. Good For: SELF DEFENCE, MUSCLE TONE, CARDIO TRAINING, FAT LOSS, MUSCULAR ENDURANCE.

Otherwise known as Muay Thai, it was developed in 16th century Thailand as a warfare art. It is renowned for its effective use of low kicks, knees & elbows. The classes are very friendly and you will quickly settle in so don't be shy. The classes are multi level so you will work at a level to suit you. You don't need to rely on friends turning up, we can find you a partner to train with.

### **Krav Maga £**

Good For: SELF DEFENCE, MUSCULAR ENDURANCE.

Krav Maga is a practical and tactical system of self defence. It teaches self-protection and fighting skills: how to prevent, deal and overcome all kinds of attacks, and the skills to defend others. It's a complete combat system that's continually updated to meet the ever changing threats encountered in today's modern world. This includes all unarmed attacks: punches, strikes and kicks. Use of all sorts of common objects for defensive purposes. Releases from all sorts of grabs and holds. Defending all armed attacks and threats of knife and sharp objects, plus all kinds of firearms. The class carries a fee which is paid directly to the instructor. For more info contact Adrian on 07850 864226

### **Kung Fu £**

Good For: SELF DEFENCE, MUSCLE TONE, MUSCULAR ENDURANCE.

Chinese martial art. This class carries a fee payable to the instructor.

### **Savate £**

Good For: SELF DEFENCE, MUSCLE TONE, CARDIO TRAINING, FAT LOSS, MUSCULAR ENDURANCE.

Savate (pronounced /savat/), also known as boxe française (French boxing) or French kickboxing, is a French martial art which uses both the hands and feet as weapons and contains elements of western boxing, grappling and graceful kicking techniques (only foot kicks are allowed, with no use of the knees or shins). A practitioner of savate is called a savateur (male) or savateuse (female). Savate takes its name from the French for old boot (heavy footwear used to be worn during fights). The modern formalized form is mainly an amalgam of French street fighting techniques from the beginning of the 19th century[1]. Savate was then a type of street fighting common in Paris and northern France. In the south, especially in the port of Marseille, sailors developed a fighting style involving high kicks and open-handed slaps. It is conjectured that the kicks were done so as to allow the kicker to

use a free hand for balance on a rocking ship's deck, and that the kicks and slaps were used on land to avoid the legal penalties for using a closed fist, which was considered a deadly weapon under the law. It was known as jeu marseillais (game from Marseille), and was later renamed chausson (slipper, after the type of shoes the sailors wore). This class carries a fee which is payable directly to the instructor.

### **Tae Kwon Do £**

Good For: SELF DEFENCE, MUSCLE TONE, CARDIO TRAINING, FAT LOSS, MUSCULAR ENDURANCE.

Taekwondo (also spelled tae kwon do or taekwon-do) is a martial art originating in Korea. An amalgamation of Chinese, Japanese, and traditional Korean fighting styles, taekwondo has become the world's most commonly practiced martial art, and is the national sport of Korea as well as an Olympic sporting event.

In Korean, derived from hanja, tae means "to strike or smash with the foot"; kwon means "to strike or smash with the hand"; and do means "way" or "path". Hence, taekwondo is loosely translated as "the way of the foot and the fist". Taekwondo's popularity has resulted in the divergent evolution of the martial art. As with many other martial arts, taekwondo is a combination of combat technique, self-defense, sport, exercise, entertainment, and philosophy.

Although there are great doctrinal and technical differences among public and private taekwondo organizations, the art in general emphasizes kicks thrown from a mobile stance, using the leg's greater reach and power to disable the opponent from a distance. In sparring, turning (roundhouse), 45 degree, front, axe, and side kicks are most often used; advanced kicks include jump, spin, skip, and drop kicks, often in combination. Taekwondo training also includes a comprehensive system of hand strikes and blocks, but generally does not emphasize grappling. This class carries a fee payable to the instructor.

### **Tai Chi**

For students with some Tai Chi experience. Good For: WELLBEING, BREATHING, MUSCLE CONTROL, POWER AND BALANCE. Resulting from thousands of years of Taoist study, monks developed Chi Kung (excellence of energy), a practice of movement and stillness focusing on physical health and spiritual growth. About 800 years ago, these movements were arranged in a martial form to encourage participation and enable monks to defend themselves against bandits. This blend of

healing art and martial art was described as Tai Chi Chuan (supreme ultimate boxing), the mother of all martial arts.

The Tai Chi form is composed of a series of postures, put together in a very flowing, but precise way. In learning the postures and also learning how to connect each posture in a prescribed manner, one learns how to bring body and mind into harmony.

Tai Chi brings relaxation, balance and well being. It improves circulation, co-ordination and helps loosen and strengthen the nervous systems. The stretching movements tone up muscles and help release tension. The slow, flowing, graceful body movements of Tai Chi make it accessible to all, without age or fitness limits.

Our head Tai Chi teacher is Armand Arce. Armand started learning and practicing Tai Chi 16 years ago, following the teachings of Master (Alex) Dong Da De who comes from a long lineage of world renowned Tai Chi Chuan Grandmasters.

### **Tai Chi Beginners**

New to Tai Chi? This class will give you the basics and send you on your way to becoming a Tai Chi master... well, maybe.