

# Specials Martial Arts

We all have special needs so if there is one particular to you, the specials Martial Art Class is fun yet disciplined by interest.

## **Self Defence, aerobics, exercise and yoga for people with special needs**



The program

- explores basic concepts of movement and balance to escape or exert force.
- Locating tender point to strike or off balance opponents.
- basic strikes and kick

Enjoy exercise which develops self esteem, body image and inner strength. Learn skills to enhance personal protection. Bring body and mind together to enrich the experience of self and peace,  
improves health and fitness.  
Anyone can do it, everyone should try.

All the above classes are in the Coburg (Melbourne, Australia)

**In your space and at your time programs available  
Ph 93505293**

contact ..... [magicmovements2001@gmail.com](mailto:magicmovements2001@gmail.com)