



WOBURN AIKIKAI

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INTRODUCTION TO BOXING

The boxer's workout is one of the toughest in sports and a great way to get into shape. With its focus on strength and conditioning, boxing offers a unique and motivating alternative to the standard gym workout.

Intro to Boxing is a 6 week course that will meet twice per week for 90 minutes. Class will include stretching designed to increase flexibility and prevent injury as well as circuit training exercises designed to enhance coordination, strength, and agility.



Students will learn basic boxing technique including stance, punches, and defense. Students will learn shadow boxing and how to hit the focus mitts, heavy bag, and double-end bag. You will be eligible for controlled sparring only after mastering proper stance, punches, defense and conditioning.

Students should provide their own handwraps and are encouraged to

- Sundays from 3:00 - 4:30 and Tuesdays from 7:00 - 8:30
- Sunday, August 1st through Sunday, September 12th.
- \$100 if registered by July 19th, \$120 thereafter.
- Wear comfortable workout clothing. A changing room is available.

purchase their own gloves (16 oz). Both gloves and handwraps can be purchased through the dojo, please contact us about this in advance of the class.

If you would like more information or to register, please visit our website or contact the dojo.