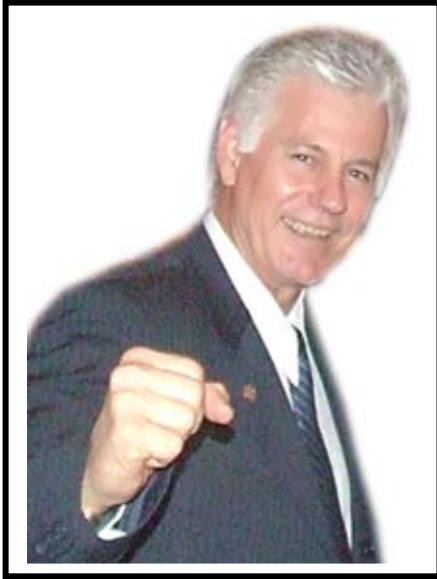


# DVD SAMPLES OF HEALY'S FREESTYLE TAE KWON DO & BOXING ACADEMY



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Healys freestyle Tae Kwon Do & Boxing Academy

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[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

President and founder of ISDA Pty.Ltd.

[www.isdasefence.com](http://www.isdasefence.com)

Certificate (4) Sports Coach ICMA

Certificate(4) Master Personal Trainer (fitlink)

Certificate (4) Business Management

Director Chan-Healy Corporation ACN119 213 740

Chairman & Secretary Apostolic Faith Church of God

[www.apostolicfaithaust.net](http://www.apostolicfaithaust.net)

Member of Australian National Boxing hall of Fame

[www.anbhof.com](http://www.anbhof.com)

This page is dedicated to actual footage of Master Graham Healy in action in seminars, with students and black belts training sessions and instruction, it gives you some idea of the standard compared to other clubs or organizations and gives you VISUAL EXAMPLES of what we are doing. Master Graham Healy has much more work to put on DVD some of the FUTURE FEATURES are

## **PRACTICAL SELF DEFENCE RELEASES ©**

(easily release from choke holds, grabs etc)

## **PRACTICAL BOXING 'SKILLS & DRILLS'©**

(be taught the Healy's family boxing method 'going through the punches' © )

## **PRACTICAL TAE KWON DO 'PIN POINT' KICKS©**

( including Basic Jump Kicks)

## **MARTIAL ARTS PATTERNS BASIC & EASY YET EFFECTIVE**

(Let Master Graham Healy show you the easy system)

## **BASIC HEALTH & FITNESS & GYM PROGRAMING THAT WORKS ©**

(Gym programming including nutrition, supplements, Specific training methods)

## **STRETCHING THE HEALY'S METHOD©**

(increase your flexibility by more than 50% in 6 to 10 weeks

let Master Personal trainer Graham Healy show you how)

## **LOWER BACK PROBLEMS SOLVED**

**THE HEALY'S METHOD©**

(many of my clients suffered from lower back problems until I introduced them to my BASIC training methods every Client improved 50 to 100% let me guide you through a safe and easy way to maintain lower back strength and flexibility the 'common sense way')

**MORE SAMPLE DVD'S WILL BE POSTED AS THEY ARE PRODUCED**

## SAMPLE DVD DOWNLOADS

Permission is given by Graham Healy to Download samples for personal viewing only not for resale or public screening unless specific written permission is obtained from Master Graham Healy

### DVD SAMPLE(1)

#### HEALY'S 'SKILLS & DRILLS' TAE KWON DO KICKS & BOXING©

(includes Jumping kicks)

#### THIS DVD includes

- \*Traditional Stances ?\* Reaction Partner Sparring Techniques
- \*Choreographed Partner Sparring \*Jumping Kicks
- \*Dodging Kicks \*Dodging Back Kicks
- \*Power Patterns



### DVD SAMPLE (2)

#### THIS DVD Includes

- \* Light & friendly Boxing Sparring
- \*Power Vertical Kicks
- \*Reverse Vertical Kicks
- \*Jumping Reverse Vertical/Crescent
- \*Jump ½ Turning Kicks



### DVD SAMPLE (3)

#### THIS DVD Includes

- \*Power Bag work Punching combinations
- \*Power Straight Left
- \*Power Straight Left ,Right Cross , Left Hook
- \*Power Straight Left ,Right Cross , Reaping Hook Kicks



- \*Power Spinning Heel
- \*Power Lead Side Kick
- Power back Kick

### DVD SAMPLE (4)

#### THIS DVD Includes

- \*Speed Reverse Turning Kick (Master Healy)
  - \*Classic Side Kick
  - \*Healy's 'Skills & Drills'
  - \*Slap + Lead Side Kick
  - \*Speed lead Leg ½ Turning Kicks
  - \*Straight left + ½ Turn Kick
- punch, 1/2 turn kick, back kick ,slap/back-fist drill



### DVD SAMPLE (5)

#### THIS VIDEO Includes

- \*Kids Power Patterns
- \*Kids 'Skills & drills' in Boxing & Kicking
- \*Kids doing Black-Belt pattern

**ASK US ABOUT OUR FREE DVD**

# Healy's freestyle TKD & Boxing Academy EXPRESS BLACK BELT

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yourself from  
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of 'Tradition'  
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\*Boxing hands  
\*Be come

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Recognized  
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Skills & Drills'

INSTRUCTORS R.P.L.(any style)

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