
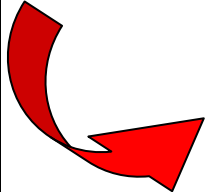


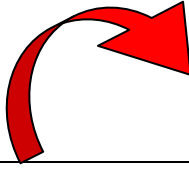
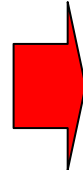
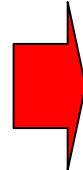





Healy's freestyle Tae kwon Do & Boxing Academy TIMETABLE -refer- WWW.healyshhealthandfitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<p>7-8pm suggested Weights Training slot (upper body & Stretching)</p> <p align="center"></p> <p>Separate programming at our preferred Health Center if required refer Web site (top of page)</p>	<p align="center"></p> <p>4-5pm Kids & Mums stretching & Tae Kwon Do</p>	<p>Note: other Times (outside Tkd class times are available for Personal Training from Graham Healy (weights or Martial Arts) refer->> Web site (top of page)</p> <p align="center"></p> <p>Mums Join In </p> <p>Mums can join in with the Kids Tae Kwon Do Class *Stretching & Martial Arts in a 'non threatening' environment</p>	<p align="center"></p> <p>4-5pm Kids & Mums stretching & Tae Kwon Do</p>	<p align="center"></p> <p>7-7.30pm martial arts *stretching 30min (beginners & advanced)</p> <p align="center"></p> <p>8-9pm Adults ** main Class **note: Includes <u>Kicking & Boxing Circuit using 'soft Bags & equip'</u> <u>'skills & Drills'</u> TKD & Boxing</p>	<p align="center"></p> <p>***Bonus! Lose 10kg of Body-fat in 12 weeks!</p>	
					<p>12.30 pm Adults (Beginners) +Tuition</p> <p align="center"></p>	
					<p>1.30-2.30pm Advanced Adults Tkd/Boxing A mixed class</p> <p><u>putting it altogether all the skills and drills learned during the weeks Class</u> *stretching *self-defence (releasing techniques) *boxing Skills *Kicking Skills *abdominal training *speed & Timing *Martial Arts & Boxing conditioning be taught personally by Graham Healy</p> <p align="right"></p>	

Weights training for Healy's freestyle Tae Kwon Do & Boxing Academy Periodization or Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weights Training Upper Body Chest/back/arms		TKD/Boxing		TKD/Boxing	TKD/Boxing	

**Basic level a)Chest/back/arms.....legs are covered by the explosive power 'kicking drills' in martial arts training
 Abs.....most of the 'twisting' moves in martial arts takes care of 'obliques' some reverse crunches**

Advanced level b)may move up to Advanced level (b) after min of 4 weeks on level (a)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1)	Chest/Biceps		Boxing training				
2)	Back/ & Rear Delts						
3)	Shoulders Traps / Triceps (Olympic weight lifting power cleans etc)	This Advanced Program can be 'expanded' or 'contracted' As required according to 'other' training commitments Example TKD/boxing Training				TKD & Boxing	
4)	Chest/back Super sets						
5)	Arms (super sets) & abs (strength abs)						
6)	Repeat cycle						
			TKD & Boxing		TKD & Boxing		

- **Programs to complement Martial Arts Training** note with **Intensive weights training 'recovery' is the issue** as the 'muscle soreness' sets in taking 3 to 5 days to completely recover for the upper body .
- **Flexibility is another 'issue'** especially with the **'hips/hamstrings/lower back** etc this is why I suggest very minimal weights with the legs as the 'explosive power' training or 'plyometric' jumping kicks and 'skipping' drills is enough for the lower part of the body. Should you choose to do some 'leg' work with weights then 'moderate' intensity is advised since 'intensive' leg training can make the legs 'sore' for up to 7 days and as a consequence 'compromise' the kicking speed and flexibility of the lower half of the body with your other martial arts training commitments . I assure you that the TKD kicking drills more than enough to 'work the legs' using your own body weight .
- **Heals Systematic Stretching procedure** :The system of stretching is designed to prepare you for all kicks from day one. Especially the systematic use of 'light stiff legged deadlifts' (for hamstrings) and the partner stretching using the 'rotational' process (hip

joints/lower back/hamstrings) The objective of these exercises are to 'groove' your body into the correct 'line of action' for the various kicks, thus making your responses to 'action' 'automatic' with speed/power & flexibility **without any injury to you**. This system has 'evolved' over many years of 'trial and error' and will ultimately speed up your results to kicking perfection.

- **Supplements diet etc** :advisable and Healys will recommend what is best for you upon request.
- **Personal training packages** :You can get a 'starters pack' which will include :
- ***weights Program** *skin fold testing and projections * Supplement & Dietary advice and personal training

refer : www.healyshealthandfitness.com home page 'Personal training'
ask about 10 x 1/2 hour @ \$350 Boxing PT

Healy's freestyle Tae Kwon Do & Boxing Academy

Black-Belt 'Bridging Course' for Boxing Technique

Learn all the boxing 'skills & drills' (Non-Contact) system

① Personal 'one to one' Boxing 'Skills & Drills'

10 x 1/2 hr PT sessions @ \$350

② EXPRESS BOXING/TKD BLACK-BELT

RPL Recognized Prior Learning

on previous experience

③ Boxing/Tkd workshops by Graham Healy

& his Boxing/Tkd Black-Belt Team

Mob 0411-393-503 speak to Graham Direct

Web: Healyshealthandfitness.com

