



ST. Barts After School Program



8 Week Youth SELF-DEFENSE Non-Contact Boxing Ages 5-9

8- 1 HOUR CLASSES

Week 1- Boxing stance, Straight punches

Week 2- Circular Uppercuts punches

Week 3- Uppercuts punches

Week 4-Defense, ducks/slips/rolls

Week 5- Blocking & Parrying Defense

Week 6-Flow, Defense Integration

Week 7-Combinations & Countering

Week 8- Putting it all together

“They just think they’re having fun, but they are learning valuable lessons like discipline, integrity, and respect that will catapult them later in life,” says Coach Jon Gallo. Head Coach/Owner



2-3PM
Sept. 30
Oct. 7, 14, 21, 28
Nov. 4, 11, 18
Register Now



WWW.RESULTSBOXING.COM

732.390.0005