



Muay Thai • Boxing • BJJ

## YOUNG CHAMPIONS PROGRAMME 4-6 YEAR OLDS

If your child is aged between 4- 6 years old Oxford Martial Arts YC Programme classes are for you it uncovers the bad-to-the-bone superhero waiting to kick box their way to fitness. Focusing on hand-eye coordination with jump rope, punching and kicking drills, in addition to focus mitts and bag work, each child will have the opportunity to increase their cardiac strength and endurance. As with all classes, appropriate use of Muay Thai techniques will be stressed, as well as peaceful conflict resolution.



The Young Champions Programme offers children a great start in learning the martial art of Muay Thai. Students can graduate at 6 years old from Young Champions into the regular Junior programme. The Young Champions programme offers children a strong foundation in essential character qualities such as:

- Respect
- Courtesy
- Discipline

In addition the programme will:

1. improve children's inner confidence for life
2. enhance their ability to pay attention and follow directions
3. teach children how to have a positive attitude

### What to Expect

Each 1 hour class is taught using the safest, most fun and exciting instructional techniques. Class size is kept small to ensure each student receives individual attention from the instructor. Only positive reinforcement is used to grow self-confidence along with a merit sticker system to reward good behaviour, focus and technique. Instructors for these classes receive additional skills training.

Enrol now for our new classes at your school! Starting September 7<sup>th</sup> 2011. [www.oma.org.uk](http://www.oma.org.uk)

