

# **Kickboxing & Stickfighting**

**This 2 hour class will be hands on kickboxing & stick fighting. Learn the basics of defense and offense utilizing gloves and sticks. Experience how your karate skills transfer to these two different fighting arts.**

**No experience required, anyone 12 and older are welcome.**

**Bring your gloves and let's have some fun !**

**DATE:, Saturday, June 5th, 11:30am to 1:30pm**  
**TIME: 11:30 to 1:30 pm**  
**COST: \$55**



**PETALUMA ACADEMY OF MARTIAL ARTS**  
620 Petaluma Blvd N Petaluma, CA 94952  
778-1069 [www.pamakarate.com](http://www.pamakarate.com)