



**CALLING ALL KIDS,
TEENS AND
BIG KIDS!**

CREATE YOUR OWN ROUTINE!

**MOST OF YOU WILL ALREADY KNOW AT LEAST ONE OF OUR
PRE-SET ROUTINES:**

PUNCH ROUTINE

KICK ROUTINE

COMBINATION ROUTINE

CIRCULAR KICK ROUTINE

**HERE IS OUR CHALLENGE TO YOU - TO MAKE UP YOUR OWN ONE!
HERE ARE SOME SIMPLE RULES TO FOLLOW:**



START AND FINISH ON THE SAME SPOT



AT LEAST 10 SECONDS LONG



GIVE IT A NAME



USE ANY COMBINATION OF TECHNIQUES

HAVE FUN!

PS

**YOU CAN THEN EITHER FILM IT
AND POST IT UP ON OUR CLOSED
FB SITE (OR EMAIL IT TO ME
ANNA@SELFDEFENCE.CO.NZ
AND I WILL POST IT UP FOR YOU)
OR YOU CAN SHOW US WHEN WE
ARE BACK AT CLASS!**

**IF I WERE YOU,
I WOULD CHOOSE
ALL MY FAVOURITE
TECHNIQUES!**



PROACTIVE
MARTIAL ARTS
WWW.SELFDEFENCE.CO.NZ

