

POLLET'S MARTIAL ARTS CENTRE - PENRITH

25/29 Coombes Drive PENRITH NSW

Phone: 0431 556 214

Email: penrith@pollets.com.au

Website: www.pollets.com.au



Penrith Timetable

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------------------|--------------------------------------|
| MORNING CLASSES | | | | | | |
| 9:00am – 9:30am | PRIVATE LESSONS AVAILABLE | | | | | Little Tigers (2-6 years old) |
| 9:30am – 10:30am | | | | | | Muay Thai/ Kickboxing |
| 10:30am – 11:15am | | | | | | Stretch, Strength & Meditation |
| LUNCH TIME CLASSES | | | | | | |
| 12:00pm – 12:45pm | | Muay Thai/ Kickboxing | Boxing | Open Mat | Muay Thai/ Kickboxing | |
| AFTERNOON / EVENING CLASSES (DOJO RE-OPENS AT 3:30PM) | | | | | | |
| 4:00pm – 4:30pm | Little Tigers (2-6 years old) | Little Tigers (2-6 years old) | Little Tigers (2-6 years old) | Little Tigers (2-6 years old) | Little Tigers (2-6 years old) | |
| 4:40pm – 5:30pm | Karate | Muay Thai/ Kickboxing | Karate | Karate | Kids Muay Thai (5-12 years old) | |
| 5:40pm – 6:30pm | Kata | Kempo Jiu Jitsu | Muay Thai/ Kickboxing | Kata | MMA | |
| 6:40pm – 7:30pm | Muay Thai/ Kickboxing | Boxing | Karate Brown/Black belts | Kempo Jiu Jitsu | Muay Thai/ Kickboxing | |

- * Lunch time & Saturday classes run for 45 minutes
- * Little Tigers classes are 30 minutes long & incorporate Karate, Jiu Jitsu, Muay Thai and Boxing
- * Afternoon classes are currently running for 50 minutes
- * Social distancing guidelines will be strictly adhered to. 1.5M distance will be kept at all times
- * Timetable is subject to change in line with COVID-19 restrictions
- * Private classes are also available email jess@pollets.com.au

**Please note: parking is on the street, please respect our neighbours and do not park in the complex.
You may drop your children off at the front of the dojo.**

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Class Descriptions

Karate

Traditional Okinawan Karate techniques including stances, blocks, strikes, bag and shield work. Creates discipline, develops memory retention, co-ordination, fitness, flexibility, strength, focus and confidence. Nerve attacks and jiu jitsu (finishing techniques) are taught throughout the more experienced Karate classes

Accredited Grading's in Karate are available to all students. Master Instructor Hanshi Ian Pollet is an 9th Degree Black Belt recognised by the World Okinawan Karate & an 8th Degree Black Belt Kobudo Association.



Kata

'Forms' against an imaginary opponent. All techniques used in Karate can be found in Kata. Helps develop rhythm, strength, good energy flow and breathing techniques.

Little Tigers

This is a class specifically designed for children 2 - 6 years of age. It teaches the basics of karate and develops focus, discipline, co-ordination and memory retention. It is great fun for the kids and very educational, laying a great foundation for school.



Muay Thai

The traditional Combat Art originating from Thailand. Great to learn kicking and punching techniques, as well as knees and elbows and counter techniques. Includes bag work, speed balls and mitt work. Fantastic for fitness.

Accredited Muay Thai Grading's are available through MTIA Thailand, and recognised by the Thailand Government.



Kempo Jiu Jitsu and MMA

The all-around Martial Art. Incorporates Strikes such as punches, elbows, head butts, kicks, knees and vital point attacks, throws, joint locks, chokes, pressure points and grappling. These classes utilise elements of the arts of Karate, Muay Thai, Wrestling, Jiu Jitsu, Judo and ground fighting. They teach how to fight on your feet, on your back, taking your opponent down to the ground and much more. This is an extremely important art for self-defence, and becoming an accomplished mixed martial artist.

Accredited Grading's in Kempo Jiu Jitsu are available to all students. Master Instructor Hanshi Ian Pollet is an 8th Degree Black Belt recognised by the Australian Shihan Kai.



MMA Cage Fighting –

Made famous by the UFC. The all-around combat Mixed Martial Art. Incorporates all martial arts styles for those wanting to train for competition.



Okinawan Weapons

Kobujutsu Traditional Okinawan weapons including pole, sai, bo staff, sickle and sword. Creates discipline, develops memory retention, co-ordination, fitness, flexibility, strength, focus and confidence.

Accredited Grading's in Kobujutsu are available to all students. Master Instructor Hanshi Ian Pollet is an 8th Degree Black Belt recognised by the World Okinawan Karate & Kobudo Association.



Self Defence

Self-defence and personal protection classes. Great for women to build effective defence techniques.



Boxing Fitness

A great way to get fit, and learning hand and foot work. This class targets all levels, from beginners to advanced, or those just wanting a fun workout. We have special guest boxing instructors for those wanting to learn different ring techniques.



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