



St. Barts  
After School Self-Defense Boxing Program



**5 Week Spring Youth Boxing Program \*Ages 5-9**

# 5-1 Hour Self Defense Boxing Classes

Week 1- Boxing stance, Straight punches

Week 2- Circular punches

Week 3- Uppercuts

Week 4- Defense, ducks/slips/rolls

Week 5- Putting it all together, combinations

Week 6- Footwork



**April 22,29  
May 6,13,20**



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