

Terry Middleton's

**KARATE
KICKBOXING
BOXING**

**STATE & MARKET STREETS
NEW ALBANY, IN 47150**

(812) 945-6965

"SINCE 1972"



KICKBOXING

Let's get ready to rumble!

Kickboxing is the latest approach to physical fitness across the country. Exposure from the movies and T.V. has motivated many people to become involved in this popular and exciting exercise program.

Terry Middleton's was the first to offer Kickboxing in this region. We began this unique program in the early seventies, and have produced champions in state, regional, national and world titles.

This new exercise routine combines the kicks of Karate, and the punches of Boxing. The program works the upper & lower body, for that complete workout. Kickboxing regulates weight, tones muscles, and builds the cardiovascular system.

This training class also promotes the benefits of self defense. Since the movements have purpose, this system gives the advantage over health clubs and gyms or jazzercise and aerobic classes.

BEGINNER KICKBOXING

You can begin Kickboxing through our Kickboxing basics class that we call "Kickboxercise." This class gradually gets you into shape while teaching you the kick and punch combinations. Ladies love this class and find they can fulfill their desires in this fast-paced workout. Men find it a safe way to learn the basics before entering the contact sparring.

LIGHT SPARRING

Some people will want to move into a class of partners for light sparring. The objective is light or no contact. However, contact is possible without intention. This class builds timing, focus, and footwork through synchronizing with another person. This is more competitive and aids you in a real life self defense situation.

FULL CONTACT KICKBOXING

A few people will want to go even further into training for full contact competition. These people would definitely be in another group who share the same dreams and desires. State, regional, national, world titles are the goals of the very few. Professional Kickboxing is also an avenue that some pursue. These fighters compete for championship belts and titles in coliseums and arenas around the world.

REGULAR PROGRAM

We also have an alternate program for anyone who would like variety in their training. We have a blended program of Martial Arts. It teaches Karate, Kickboxing, Boxing, Tae Kwon Do, Akido, and Ju Jit Su. Each style lends itself to different self defense situations. It will give a person a well rounded education in the Martial Arts.

BOXING GYM

You may want to extend your efforts to the boxing gym, where we have speed bags, focus balls, heavy bags, and boxing rings. This gives you the sensation of hitting something, while building power in your kicks and punches.

WEIGHT ROOM

We also have a weight room for members who would like to define their physique even further. The Kickboxing class routine stretches and pulls the muscles for flexibility and speed. In addition, weight lifting tightens and strengthens the muscles, while adding to definition.

DON'T DELAY, START TODAY!

If you would like to get into shape with the benefits of self defense, call now. Enroll in the "Kickboxercise" class or the regular Martial Arts program.

Start feeling and looking better today!

Classes

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| Beginners | Mon & Wed | 6-7 P.M. |
| Advanced | Tue & Thur | 6-7 P.M. |
| Combined | Saturday | 11 A.M. |

945-6965