

# Tactics Martial Arts Kickboxing (Elmont,NY)

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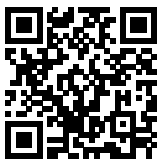
Location **New York**  
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QR Code Link to This Post My name is Michael Lans I am trained in various styles of martial arts for the past twelve years. Ranging from Kickboxing( I trained under former champions Chris Wagner and Tim Layne), Muay Thai, Jeet Kune Do, Filipino Martial Arts and Silat. I will be teaching a Kickboxing class from Tactics Martial Arts in Elmont, NY in this class you will learn to defend against punches, kicks and elbow strikes which will lead to countering with those same strikes as well. This art of Kickboxing is comprised of many different elements of martial arts including western boxing which will improve hand to eye coordination, balance, timing, focus and footwork. This class is ideal for those looking to compete or just learning to defend themselves as well as to stay fit. We will work on focus pads, conditioning and in time there will also be sparring this class is for adults only. So get ready to start the New Year right!!!!

Tactics Martial Arts  
 1315 Hempstead Turnpike Elmont,NY 11003  
 For more information you can contact: Michael Lans Kickboxing Instructor at: or  
 Tom Gallo Head Instructor at:  
 Also available for private sessions



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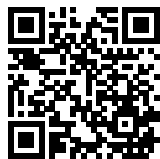
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