

Tactics Martial Arts Kickboxing (Elmont, NY)

hide this posting

New York Location https://www.genclassifieds.com/x-741109-z



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









	hide this posting	(ickboxing (Elmont,NY)	Tactics Martial	
unhi		_	≥	







	Tactics ckboxing (I hide th
)))))))	ctics Martial ding (Elmont,NY) hide this posting



unhide https://www.genclassifieds.com/x-7	hide this posting	Kickboxing (Elmont, NY)	Tactics Martial
unhide eds.com/x-7	ting	, N Y	tial Arts

Tactics	100-2
Martial	
Arts	

unhidthttps://www.genclassifieds.com/x-	Kickboxing (Elmont,NY) hide this posting

https://www.genclassifiu 41109-z	hide this post	Kickboxing (Elmont,	Tactics Mart

http: 411	줐

https://www 41109-z	hid	Kickboxing	ו מכווכ

hide t	ickboxing (Tactics	
his posting	Elmont, NY)	Martial	