



*Develop balance, co-ordination,
social skills, discipline, respect*

Matrix
Boxing Gym Inc

YOUTH BOXING

Matrix Boxing Gym Inc. and No Excuses Training presents Australia's first comprehensive Boxing Grading System

Learn the ART of "The Sweet Science"

Follow a grading syllabus that will see you progressively advance through all the offensive, defensive and fitness regimes of a boxer.

Australia's first Boxing Grading System will allow you to set goals and show you that through hard work and discipline, the goals you set are achievable.

Benefits of a Grading System in Boxing

- ✓ All Boxing Students can be grouped according to their skill level to ensure safe & controlled partner work drills
- ✓ Increased student confidence and sense of accomplishment progressing through levels
- ✓ Measurable and goal oriented way of learning, allowing students to show evidence of technical skills and appropriate fitness levels
- ✓ Students demonstrate proficiency in improved fitness, speed, power, balance, co-ordination, self defence and technique
- ✓ Allows students to confidently take their new skills to the next level by joining our amateur or professional boxing team

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Classes: Youth Boxing (6-12yrs), Novice Boxing Training (all ages), Competition Boxing Training (all ages), Women's Only Boxing (all ages), Boxing Circuit, Old School Strength & Conditioning.

*Private Tuition also available

Head coach: Stephen Ng - **0433 149 033**



www.matrixboxing.com.au