

WHITE TIGER MARTIAL ARTS ACADEMY

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For further details about the club, and to subscribe, please refer to our website
www.whitetigermartialarts.com.au



Scan to view our Website!

All techniques are explained in detail to ensure a greater understanding, respect for the art, and a safe environment for all.



**BOB JONES
MARTIAL ARTS**

"Limitations you thought you had, don't exist..."

PROGRESSIVE KRAV MAGA

Progressive Krav Maga is based on the Israeli Military hand to hand combat system known as KRAV MAGA. It deals with high level self defence situations and trainees are drilled on how best to cope in the highly stressful scenario of a physical assault.

Due to the nature of this style we only train adult students including women 16 and men 18+. (This style is not suitable for children.)

ZEN DO KAI

Zen Do Kai is a modern all rounded martial art that includes effective techniques from numerous other styles and blends them together into one progressive style.

Skills learned include self defense techniques, ground fighting (wrestling), locks, holds, throws, pressure point strikes, multiple attack drills, and much more.

This style is well suited for all ages, including children 7



**ZEN DO KAI
MARTIAL ARTS**
"The Best of Everything in Progression"