



3, 10, 17 & 24 Mar (Tue)  
7:30pm - 8:30pm  
16 years old or above  
8/F Aerobics Studio  
**M**\$920/ 4 lessons **G**\$1,120/ 4 lessons  
Enrolment deadline: 25 Feb (Tue)  
Quota: Maximum 8 persons  
Advanced booking is required

3月3日、10日、17日及24日(星期二)  
晚上7時30分至晚上8時30分  
16歲或以上  
8樓跳舞室  
**會員**\$920 四堂 **賓客**\$1,120四堂  
截止報名日期: 2月25日(星期二)  
名額: 最多8人  
敬請預約

## Muay Thai Defence - Basic Course

### 泰拳防衛術 - 基礎課程

Muay Thai Coach Cori Cheng, who has obtained three “Gold Moon” belts, will share basic Muay Thai defense techniques to Members throughout four easy-to-follow practical lessons. Throughout the course, Members will learn to master basic self-defense techniques and how to protect themselves.

Practicing Muay Thai exercise can help to improve one’s physical fitness, build muscles as well as relax and balance the body and mind.

Cori emphasizes that defensive actions should be practiced a hundred times so that it can be executed well when encountering confrontations.

擁有三條金月腰帶的泰拳教練趙凱茵 Cori，將教授4堂實用泰拳基礎防衛術，令會員掌握基礎防衛術，理解怎樣保護自己。

透過泰拳運動，可鍛練體能、增加肌肉，更可盡情抒平日的的生活壓力，從而放鬆及平衡身心。

Cori強調一個動作需練習幾百至一千次，十分熟練招式才能在危急的情況下使出。

#### Workshop lessons

- 1st lesson:** Basic concept of self-defense. Defending against kicks
- 2nd lesson:** Defending against punches
- 3rd lesson:** Defensive moves against an up-close attack
- 4th lesson:** Moves for getting out of or defending against a bear hug

#### 課堂內容

- 第一堂:** 自衛的基本概念。受到腳攻擊時的防守
- 第二堂:** 面對拳攻擊時的防守
- 第三堂:** 面對近距離攻擊時的防守
- 第四堂:** 遇上被抱纏時的防守及脫身