

2007

Workshops with Master
Stephen Kirby

Torque

*Combine Martial Arts and
Aerobics and get TORQUED!*



- ▶ **Partner Drills**
- ▶ **Kicking Drills**
- ▶ **Footwork Drills**
- ▶ **Upper-Body Drills**
- ▶ **Breathing Exercises**

You can do this!



Equipment Needed: Workout clothing

Equipment Provided: Focus Pads, Kicking Targets and other training materials

www.taekwondonet.com

