



# Kickboxing Camp

## 2x3 hr Sessions • 7-15 yrs

## October 2025 Dates

**Wed 1st 8:30am - 11:30am**

**Fri 3rd 8:30am - 11:30am**

## What Is Involved

- Mongkong Ritual
- Strength / Conditioning
- Footwork Drills
- Fitness Work
- Thai Pad Training
- Clinching / Grappling
- Ring Craft
- Sparring In Ring
- Cool Down Massage
- Nutrition Planning
- Fighters Psychology

**Scan To Book Now**



**Location: Mckinnon Secondary College East Campus,  
14 South Dr, Bentleigh East, VIC**

**[www.allstarsdefence.com.au](http://www.allstarsdefence.com.au)**