

What will you learn?

Juniors Program | Mighty Lil Tigers

Ages 3-5 Years

The Mighty Lil Tiger children will learn basic life skills such as respect, confidence and having a positive attitude. Using these positive support techniques, the children will develop gross and fine motor skills, special awareness, what to do in an emergency as well as how to take turns and follow directions. Children are introduced to personal safety techniques, stranger danger and what to do if they become lost.

Ages 6-12 Years

The Mighty Lil Tigers will learn the fundamentals of martial arts, Taekwondo and self-defence. The program will keep The Mighty Lil Tigers physically fit and improve the benefits of good behaviour, teamwork, good manners, patience and trying their best. The program covers valuable lessons on bullying, stranger danger and avoiding undesirable situations. Developing an 'I CAN' attitude and having that regularly reinforced in class. This then opens the door to the gift of self-esteem, confidence and self-respect that will stay with your child for life!

Senior Program | ages 13 years & over

The Tigers

Seniors will learn a martial art that is powerful and easy to learn. Irontiger's self-defence system is suitable for both men and women. The program will give you the advantage you need to protect yourself! Irontiger guarantee's that even after your first class, students will have usable skills that will stay with them for life. Irontiger

has plenty of kicking and punching, lots of pad work and classes are really safe; students should not worry about getting hit or getting hurt. Classes mix in plenty of strength and conditioning work and are excellent for fun, fitness and endurance.

Program Layout

- Warming Up
- Stretching
- Fitness

- (program workout)

- Cool Down
- Stretching