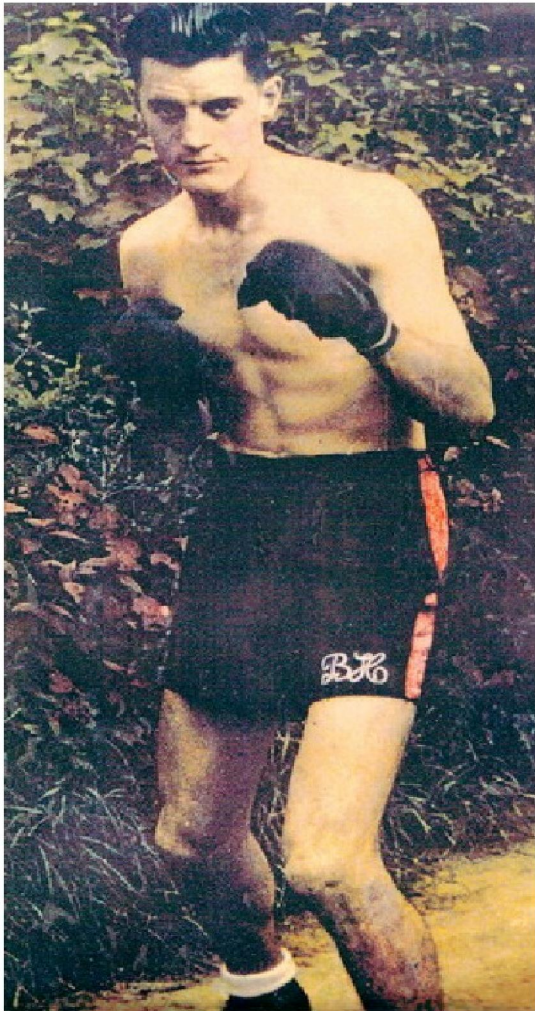


**Graham Healy's Father
Bert Healy
Qld State boxing Champ 1948**
Boxing is the foundational base
for the Healy's self-defence
System



**Time Table
as of 27th Oct 2012**

**Tuesdays
7.30-9.30pm (2hrs)
Uniting Church Hall
Chapel Hill Road
Chapel Hill
(Kenmore)**

**Workshops
&
Private Lessons
by
appointment**

Fees: \$5 hall entry
includes Insurance
Tuition card
10visits for \$120
Inquiries
**Mob 0411 393 503
Graham Healy**

HEALY'S



TKD / CKM
WWW.CKMSOUTHPACIFIC.COM

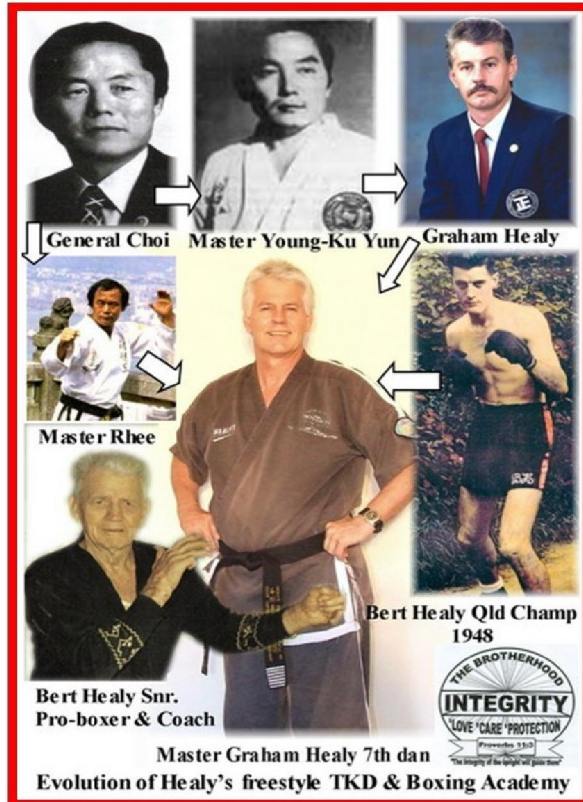


PHONE: 0411 393 503
CLOSE QUARTERS COMBAT, WOMANS SELF DEFENCE,
CHILDRENS CLASSES, ADULT CLASSES, TAE KWON DO,
BOXING TECHNIQUES.

Graham Healy's Evolution . refer to:

www.healyshealth.com

(Martial Arts History)



www.healyshealth.com

for Bert Healy's History
"I can only teach you from my
background history and current
learning"

Who is Graham Healy ?

Cert 4 Sports coach
& Personal trainer
registered with
Fitness Queensland



Graham Healy is the founder of
Healy's freestyle Tae kwon Do &
Boxing Academy also the President
of the ISDA (international self-
Defence Association).

Graham has recently achieved a
diploma in Fitness and also holds
diploma in Sports coaching , he is
licenced to teach and deliver
Certificate 3 & 4 courses in
Sportscoaching and Fitness by ACSD
and these qualifications are the
Australian Nationaly recognized
standards of education.

So training with Graham Healy can
give you a full Career Pathway for a
future in Health and fitness and Self
Defence

CLASS FORMAT

20 Min Warm up
and Martial arts Stretching
(especially Lower Back and
Hamstrings)

40 minutes of Boxing
Punching Combos
bag work and Tae Kwon Do
Kicks ,

Kick boxing basics on bags
(all these techniques are tried
and tested skills and drills)

The Next 60 minutes

this can be a combination of skills
and drills such as :

Healy's Commando Krav Mag
breakfalls,gun disarms,knife defence,
wrist locks,boxing technique,light &
friendly boxing sparring etc

What Healy's Self-defence system
tries to achieve is the

ULTIMATE MERGING

of all of the above into a practical
REALISTIC SELF DEFENCE
SYSTEM

NOTE: we train with 'duty of care
in mind' and therefore all our
training is 'light & Friendly' and
totally professional

we are Here to learn from each
other in a Family atmosphere!

Founder Graham Healy