

Muay Thai Class - Kickboxing (8 sessions)

Have you ever wondered what Muay Thai is? Muay Thai, otherwise known as “Thai Boxing” is a combat sport that teaches students kicking, punching, and other forms of striking. The best way to think about what Muay Thai is as a form of kickboxing.

Muay Thai has many benefits, such as improved mental and physical health, an outlet for students to ‘get their energy out, a way to develop healthy lifestyle habits, and self-defense skills. While we do not endorse fighting, it is beneficial for students to know how to defend themselves as this can boost their self esteem. Muay Thai can also encourage goal setting that will help your child gain more determination, which can help him his or her ability to study and complete other tasks that need focus and drive.

Top King Platinum provides high quality martial arts class with certified instructors. Our goal is to ensure your child gets the most out of every class. Shingo Yokoyama, the main instructor, has over 20 years of kickboxing and karate teaching experience coaching children. He is an All Japan Karate Champoin and Shidokan Karate Champion.

Students will need some form of hand protection for the club. Top King Platinum have hand wraps for sale (3,300 yen) that can be purchased. They also have boxing gloves for sale, but these are not required. To purchase hand wraps or boxing gloves, contact yehlencastro0915@yahoo.com directly. Please note - MBIS does not have any involvement in the purchase of this equipment. Also, please wait until it is confirmed that club has met minimum participation requirements before making a purchase.



Time	Location	Open to	Instructor	Min / Max Participants	Registration fee
Monday 3:30-4:30	MBIS GYM	G3-G6	Top King Platinum Gym	10/ 18 students	16,000 yen

APRIL 1st, 8th, 15th, 22nd

MAY 6th, 13th, 20th, 27th