



**JABFIRST**  
BXN ACADEMY

Offering a unique training style the purpose of the club is to implement great habits through the boxing fundamentals of the sport. Some of the key focus areas that we work hard on are the following below.

## FOCUS AREAS

•SELF DEFENCE•CONFIDENCE•MOVEMENT

•DISCIPLINE•FITNESS•LEADERSHIP•ACCOUNTABILITY•ATTITUDE •FOCUS  
•EMOTIONAL RELEASE

The primary goal of our academy is to empower individuals to become the best version of themselves, cultivating identities through the sport and fostering physical and mental strength both within and beyond boxing. We believe in providing students with tools that enhance their day-to-day lives.

## CLUB DETAILS

**SPRING TERM**

**START DATE: 13th January**

**FINISH DATE: 21st March**

**9 weeks**

**£67.50**

**Years 3,4,5,6's**

**Friday 15:30pm- 16:30pm**

To book on please contact me: [jabfirstbxnacademy@gmail.com](mailto:jabfirstbxnacademy@gmail.com)