

Graham Healy checks Nathan Chee's
'perfect' side kick



Healy's freestyle TKD & Boxing Academy EXPRESS BLACK BELT

FREE DVD

Release
yourself from
the 'Shackles'
of 'Tradition'
*Learn *TKD Kicks
*Boxing hands
*Become

Internationally
Recognized
ISDA Associate
*Real 'LIFE'
Skills & Drills'

INSTRUCTORS R.P.L.(any style)

Join The Healy's System' or simply become
an associate of 'ISDA' Your Choice!

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www.healyshealthandfitness.com

Healy's freestyle Tae Kwon Do & Boxing Academy EXPRESS BLACK BELT

You already have eXperience in some other Martial Art TKD/ITF/WTF/Karate/Kung-Fu etc

May be you already have a BLACK-BELT in another style ?

That's OK !Master Graham Healy will look at what you can do , have a look at your Certification and background (from your previous school) and work out a R.P.L. Recognized Prior Learning for YOU. Don't worry many of our Students have 'been there and done' that with other 'Traditional' Styles and have achieved a 'Good Standard' of Martial Arts 'Skills and Drills' before they come to Healy's.

Healy's Recognize that and accept 'previous Experience' we don't expect YOU to start from 'scratch'. Many Students that come to Healy's do so for the 'Boxing' skills & Drills' component of our training, some to refine their 'kicking 'skills & Drills'

Whatever the reason you will find us very 'OPEN MINDED' and ready to 'share knowledge' with YOU. If you are a Beginner with little or no background or eXperience then Healy's is a great START for YOU , our ACCELERATED Training will help you achieve Black-Belt in about 18 months , it is possible to achieve your Black-Belt in 12 months , depending on 'YOU' and if you take up the 'options' of Personal training 'one to one' with Master Graham Healy in Boxing & TKD Kicking

How do you ACCELERATE training methods ?

Master Healy focuses on 'Skills & Drills' and if you add in the Personal training component 'one to one' with Master Healy as well as your other (regular) training you will 'ACCELERATE' your 'skills and Drills'

What other options are available with Healy's ?

We recommend that you study for your Certificate (4) in Sports Coaching plus Certificate (4) in Personal training if you wish to build a Career either in Martial Arts or Personal Training or Both.

This will give you Australian Government Recognized & Qualified Certification apart from your Martial Arts certifications which are only relevant to your Martial Art and 'outside' of the Guidelines for the Australia Government Legal framework and Statute Law .

If you have for example a Certificate (4) in Sports Coaching you are then Legally Insurable This is 'critical' if you wish to be a professional Black-Belt Instructor, it is only a matter of time before it will be Statute Law in Australia .

Healy's freestyle Tae Kwon Do & Boxing Academy has been well aware of this for some time and is why Master Graham Healy being the 'Visionary' that created ISDA Pty Ltd(International Self-Defence Association Pty. Ltd.) to facilitate and help Students and Instructors achieve the abovementioned.

ISDA Pty. Ltd. Is like a Martial Arts 'Brokerage' that facilitates RECOGNITION (through RPL's), EDUCATION (referring Students to our Preferred R.T.O.'s) & ASSOCIATION (through mutual 'Joint ventures')

Boxing Personal training 10 x ½ hour sessions @ \$350

for enrolled Martial arts Students

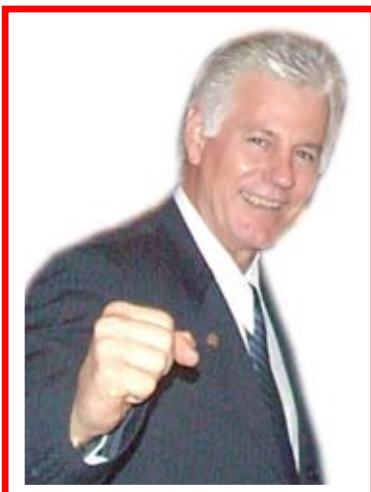
(includes TKD 'pin point' kicks and combinations to accelerate your basic 'skills and drills')

Master Healy will work out a complete package for you by

'Obligation FREE' appointment'

email healyshealthandfitness@hotmail.com www.healyshealthandfitness.com

or www.isdaselfdefence.com



Master Graham Healy 7th Dan Chief Instructor & Founder
Healys freestyle Tae Kwon Do & Boxing Academy
Principal of Healys Health & fitness
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President and founder of ISDA Pty.Ltd.

www.isdaselfdefence.com

Certificate (4) Sports Coach ICMA

Certificate(4) Master Personal Trainer (fitlink)

Certificate (4) Business Management

Director Chan-Healy Corporation ACN119 213 740

Chairman & Secretary Apostolic Faith Church of God

www.apostolicfaithaustralia.net

Member of Australian National Boxing hall of Fame

www.anbhof.com