



## One Lion Kickboxing LLC

### Functional Kickboxing- Not for the faint of heart

**Coach:** Jeffrey Greenwood

I have taught Kickboxing and have been a fitness trainer since 2013.

#### Background:

- 6<sup>st</sup> Gup ITA Tae Kwon Do, under Master McDowell
- Hapkido (joint manipulation)
- Aikido (weigh manipulation)
- Hwarang Do, Shim Soo Do (sword)
- Han Kuk Mu Ki Do (weapons)
- Muay Thai, under Hugh Miller
- BKS Iyengar Yoga, under Zenith
- MMA
- Krav Maga
- BJJ
- 360 Training, MSHA-First Aid/CPR
- FiTOUR Certified



#### What I offer:

- Functional Kickboxing
- Endurance training
- Strength training
- Flexibility training
- Discipline
- Focus
- Timing

**Cost:** First Session Is Free

**\$200.00 (paid in full) for 10, 1 ½ -hour  
GROUP sessions OR \$25 per session**

**\$275.00 (paid in full) for 10, 1 ½ -hour  
PRIVATE sessions OR \$35 per session**

Please call/text/e-mail for class schedule and  
any questions. Thank you. Glory to God.  
Revelation 5:1-14

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