

**HURT
LOCKER**

YOUTH MOVEMENT PROGRAM

INTRODUCTION TO MOVEMENT THROUGH BOXING

- Basic Defensive + Striking
- Footwork + Movement
- Bagwork
- Partner Padwork
- Shadow Boxing
- Promoting Healthy Mind + Body



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BOXING FOR FITNESS

WITH PROFESSIONAL BOXING SPECIALIST

Sessions @ Hurt Locker

20 students

\$275 plus gst per session

Travel to school

Price on application

All equipment included



ABOUT HEAD COACH DAYLAN

Owner Hurt Locker, Claremont

Cert IV Personal Training

20 Years experience

Level 1 Accredited Boxing Coach

First Aid

Indigenous Mental Health First Aid

WWC



BOXING FOR FITNESS REVIEWS

We have taken our Year 9 boys to Hurt Locker since 2018. The positive environment that Daylan creates, and the unique way he makes each boy feel safe and free to push themselves to their own individual limit is endearing. This is a great place for boys to gain skills and self confidence!

JARROD KAYLER-THOMSON
HEAD OF YR 9 OQD PROGRAM
Wellbeing and Physical Education Teacher
CHRIST CHURCH GRAMMAR SCHOOL

Daylan has worked with numerous groups here at Aranmore Catholic College. He is professional, highly capable and very easy to deal with. Daylan's manner with our students has been impeccable. He has exceptional knowledge and can work with all levels of ability and fitness.

I highly recommend getting Daylan in to work with your students

BEN GROSE : DEAN OF STUDENTS
ARANMORE CATHOLIC COLLEGE

Daylan was amazing with our students during the careers talk. He made is PowerPoint/talk to fit our school clientele, whereby all the students could easily relate to him.

Having been an ex-pro in rugby and having to overcome the struggles of injury and moving abroad, I feel our students got a real insight into how important it is to have a 'back-up' plan or an alternate career.

STEPHEN BETTELLA: TEACHER
ARANMORE CATHOLIC COLLEGE

