



karaté
traditionnel
kyokai



KTK Kettlebell Seminar

Saturday, December 10, 7:30 – 9:30 am

Maxwell SC Joint Mobility and Kettlebell Swing Clinic

Come join KTK's Kettlebell instructors for a two-hour course in strength and conditioning.

- Explore the movement, ability and mobility of your own body and how to use it to improve your physical conditioning.
- Kettlebell training will take your strength and cardio to an all new high. Our swing clinic will improve on your technique, explore different styles of the swing, and help you match your workout to your fitness goals.

This is a free clinic. Register today at the office or at administration@ktk.ca.