

## SPORTS PROGRAMME for refugee women and girls at Lowkick



Lowkick is a feminist club for martial arts and self-defence for women and girls at Hermannplatz. We warmly invite refugee women and girls to come and train with us.

Preferably come along to one of the following training sessions:

Monday	Wednesday	Friday
<p><b>10:00-11:30</b> Thai/kickboxing <b>Fitness training</b></p> <p>→ Endurance, strength and speed, including circuit of hitting and kicking with pads. No fighting.</p>	<p><b>10:00-11:15</b> Yoga</p> <p><b>17:15-18:15</b> Kickboxing for beginners Girls from 15 years of age</p> <p>→ Learning kickboxing techniques, plus controlled fighting.</p>	<p><b>16:00-17:00</b> Martial arts fitness more relaxed</p> <p>→ Similar to fitness training, but somewhat less intensive</p> <p>→ Babies and small children who can amuse themselves can be brought along (no childcare provided)</p>

These training courses are suitable for beginners. Of course there are also other training courses, also on other weekdays. If you're interested, contact us.

Our training brings together a great diversity of women and girls in a relaxed, friendly atmosphere. You don't need previous experience. We don't just help you improve your fitness – you also learn how to stand up for yourself.

If you have any physical restrictions, you yourself will know best how to deal with this when training. Let us know and we will discuss how you can participate.

Our courses are for girls, women and intersexual and transgender people who do not see themselves as male, and for whom it is acceptable that we address everyone as female.

## Important info

- Training is free for refugees!
- BVG tickets can be refunded!
- Sports clothing available on loan – no shoes required!
- The training is in German, and we are happy to translate into English!
- No training for girls or martial arts fitness during school holidays!

## Contact

Phone: 030 / 695 333 33  
Urbanstrasse 70a,  
10967 Berlin Kreuzberg  
Green door in first courtyard,  
stairs to the 2nd floor  
E-mail: [info@lowkick-berlin.de](mailto:info@lowkick-berlin.de)  
Internet: [www.lowkick-berlin.de](http://www.lowkick-berlin.de)

## Public transport

U-Bahn and bus at Hermannplatz:  
U7, U8, M41, M29, 171, 194

