



ROYAL MARTIAL ARTS BROCHURE

2023/2024

Royal Martial Arts is a modern martial arts company in Doha, founded in 2014 by Robert and Jolanda Koning from the Netherlands.

ABOUT ROYAL MARTIAL ARTS

Royal Martial Arts is a modern martial arts company in Doha, founded in 2014 by Robert and Jolanda Koning from the Netherlands.

We offer one all-round martial arts program for children of all age-groups, called "multi martial arts".

We offer a fun and interactive program to introduce kids to various different martial arts disciplines. All classes include elements of Kickboxing, Taekwondo and self-defense, suited to their age and abilities.

Our classes are structured, interactive and fun, but non-competitive. We build a welcoming, friendly atmosphere where confidence, safety and respect for others are emphasized at all times.

Our training is less about competing against others and more about individual improvement

VISION

- ✓ Our training is less about competing against others and more about individual improvement
- ✓ The sense of accomplishment that comes from personal improvement can create a boost in a student's self-confidence.
- ✓ We believe there is no confidence, like self-defense confidence.



COACH ROBERT

Coach Robert Koning (Netherlands) is the owner and founder of Royal Martial Arts. He has over 15 years of experience as a teacher and an extensive background in martial arts.

From Taekwondo ITF, Ashihara, TBN, Karate to Kickboxing, self-defense and bully-defense - Robert is trained in many different Martial Arts disciplines. Moreover, he spend a full year in Japan, to train and expand his knowledge of Kyokushin Karate.

As certified Bully Defense instructor and a background in MDS (Mastro Defence System), Robert has trained corporate staff, high school teachers, students but also bouncers and prison guards in security and personal safety.

With his skills in acrobatics and gymnastics, coach Robert will surprise you with extreme flips, tricks and spinning combos.

All classes at Royal Martial Arts are taught by coach Robert.

Robert Koning

Head coach

ROYAL MARTIAL ARTS

OUR CLASSES

We offer one all-round martial arts program, for children of all age-groups, adults (mixed) and ladies. All classes include elements of Kickboxing, Taekwondo and self-defense, suited to their age and abilities.

✓ KIDS (6 - 7 YRS)

For our youngest students, the focus will be on fun, confidence and overall physical development. With fun team challenges and martial arts activities, this program has all the tools for your kids to built a solid basis.

✓ YOUTH (8 - 11 YRS)

In this fun and broad introduction to martial arts, your kids get a taste of everything. They will learn powerful boxing combos, valuable self-protection techniques and modern Taekwondo kicks.

✓ TEENS (12 - 17 YRS)

We mix up Kickboxing, Taekwondo and Gymnastics in one empowering martial arts work-out. You will not only learn the traditional martial arts skills, but tricks and techniques that are more flashy and complex.

✓ ADULTS

Our Adult program is suited for all levels, ideal to get active, release some stress or simply to get in shape. We offer a mixed session in the evening, and a ladies class in the morning.



Our venue is a compound called Al Mana Hills, located next to Aspire park (Baaya).

Please contact us to book a visit or free trial session. You can reach us on WhatsApp or phone: +974 3335 1117

Fusce sagittis tincidunt odio non tristique. In sit amet malesuada ex. Suspen disse sed sapien a nunc facilisis porttitor. Etiam ullamcorper varius metus, nec pellentesque ante porta sit amet.



Kids classes

Group 1: Sun and Tue 4.30 - 5.30pm
Group 2: Mon and Wed 4.30 - 5.30pm
Group 3: Thu and Sat 4.30 - 5.30pm



Teens classes

Group 1: Sun and Tue 6.30 - 7.30pm
Group 2: Mon and Wed 6.30 - 7.30pm
Group 3: Thu and Sat 6.30 - 7.30pm



Youth classes

Group 1: Sun and Tue 5.30 - 6.30pm
Group 2: Mon and Wed 5.30 - 6.30pm
Group 3: Thu and Sat 5.30 - 6.30pm



Adults

Mixed: Mon and Wed 7.30pm - 8.30pm
Ladies: Sun and Tue 8.30am - 9.30am

NOT SURE YET?

TRY A CLASS FOR FREE



100% FREE



NO COMMITMENT



AVAILABLE ALL YEAR

COURSE FEES

Each Term includes 3 months of classes, including two sessions a week

Term 1 - August to December 2023	QR 1800
Term 2 - December to April 2024	TBD
Term 3 - April to June 2024	TBD
Trial session	Free
Adult classes - monthly	QR 500

WHAT OUR MEMBERS SAYS

Let's hear what our students and parents have to say about Royal Martial Arts!



The classes are beyond amazing. Both of my sons attend the program twice a week and are hooked to it! Robert is fabulous, fun and energetic.

Maria Khayatt
Mom



Highly recommended to anyone of any age and size. An extremely welcoming vibe and I instantly felt like one of the family on my first day.

Audrey Ridley
Member



The instructors are talented and really know what they are doing. Once you try it for yourself, you will understand why Royal Martial Arts is rated the best

Daniel Stevens
Father

