



Vielfalt in Bewegung

Kickboxing open and free of charge

Since 2013, as part of the “Vielfalt in Bewegung” project, we have been offering open kickboxing training to young people from Freiburg. The young people are introduced to a unique sport that combines creativity, strength and mental toughness. Under pedagogical guidance, they learn special martial arts techniques as well as strength, endurance and athletic exercises.

You want to try a new sport?

Just come by and join us!

- Where?** Franz-Hermann-Haus, Sundgauallee 8, 79110 Freiburg
- When?** Every Tuesday, 18:30-20:00
Every Thursday, 19:00-20:30
- Whom?** Young people aged 12-27
- How?** Free of charge and without registration

