



MARTIAL ARTS CLASS SCHEDULE (Sept-Oct-Nov)

Monday	Tuesday	Thursday	Saturday
6-7 PM MKG BJJ/Grappling	6-7:30 PM MKG Phase 1	6-7:30 PM Panantukan Boxing	9-10:30 AM MKG Youth Phase 1
7pm MKG Phase 1	7:30 PM JKDU Sparring	7:30 pm BJJ Self-Defense	10:30am-Noon Open Gym
8.30-9 PM Open Gym	8:30-9 PM Open Gym	8:30-9 PM Open Gym	

MKG PHASE ONE: A true “Mixed Martial Arts” class designed to expose the student to the different arts that we teach, develop an effective defensive structure, the ability to generate an offense and get in shape using Kali, Jun Fan, Muay Thai and Jeet Kune Do Concepts.

PANANTUKAN/ FILIPINO BOXING: A street-oriented fighting system referred to as “dirty boxing.” This method teaches to strike from both leads using punches, kicks, elbows and sweeps. The self-defense skills are obvious the first day and the health benefits are felt over time as you train both sides of your body. A very fun and effective class.

JKDU SPARRING: A class consisting of sparring drills to test your techniques under pressure. Proper equipment and instructor permission is necessary before joining this class.

MKG BJJ/GRAPPLING: BJJ promotes the concept that a smaller, weaker person can successfully defend himself against a bigger, stronger assailant by using proper technique, leverage and taking the fight to the ground and then applying joint-locks and choke-holds to defeat the opponent. Classes are based on drills that promote proper movement for grappling.

BJJ SELF-DEFENSE: A grappling program that prioritizes survival self-defense skills. Training is centered around weapon attacks , strikes, takedown defense, pin escapes and submission techniques.

MKG YOUTH MARTIAL ARTS: Preparing the next generation with a true “Mixed Martial Arts” program that is safe, well-rounded, structured and most importantly fun. A great addition to other sports too.

RATES:

\$79 - Individual \$129 - Family \$60 - Private Lessons