

## *Class Descriptions*

**Kajukenbo (Kaju Kids, Teens, Adults & Pee Wees):** A traditional martial art that was created in 1947 in Hawaii. This martial art is intended to be used as self-defense in real life situations. Kajukenbo is the first true American mixed martial art combining Karate, Judo, Ju-Jitsu, Kenpo and Chinese Boxing (Gung-Fu) as one cohesive unit.

**Equipment:** Uniform (Gi) and Mouthguard—Groin Protector (Males)

**PeeWees** Ages 4-6

**Youth** Ages 7-13

**Teen and Adult** Ages 14 and up

**Asylum Workout:** A signature workout at COMBAT FITNESS. Hardcore half- hour workout guaranteed to make you sweat and burn fat. This workout involves calisthenics, cardio, endurance and MMA drills to create one “Crazy” yet effective workout.

**Equipment:** MMA or Boxing Gloves

**ComFit Strength & Conditioning:** This class focuses on strength and conditioning drills to create a total body workout. The class uses timed drills, counted drills, stations and/or interval training to create a high pace workout. Workouts change day to day and instructor to instructor, so expect the unexpected.

**Mixed Martial Arts (MMA) Drilling** - MMA combines Kajukenbo, Boxing, Kickboxing, Jiu-Jitsu, Wrestling and Ground and Pound together as one form of fighting. This class will let you combine the individual disciplines into one unit through drills created to push you to the next level. MMA can be used in the ring or cage as a form of sport or in the street as a form of self-defense. MMA is the world’s fastest growing sport.

**Requirements:** \*\*Must be a full-time member and have at least 3 months experience w/ Instructor Approval.

**Equipment:** MMA Gloves, Boxing Gloves, Hand Wraps (Optional), Groin Protector (Males), Mouthguard, Shin Pads

**Boxing-**Traditional western boxing is taught in this class. This class combines drills and exercises using focus mitts, heavy bags, partners and other elements. If you really want to learn how to box the correct way or just get a good workout, this class is for you.

**Equipment:** Boxing Gloves, Hand Wraps (Optional)

**American Muay Thai Kickboxing:** This class is a fusion of the traditional combat sport from Thailand known as Muay Thai, American Kickboxing, Dutch Muay Thai & Kajukenbo. This hybrid style of kickboxing created within the Rapacon System includes the use of the 10 weapons of the body (2 hands, 2 feet, 2 knees, 2 shins, 2 elbows) along with clinching techniques to create a very effective striking arsenal. This style of kickboxing can be easily adapted to Self-Defense, MMA or used as a great workout.

**Equipment:** Boxing Gloves, Hand Wraps and Shin Pads (Optional)

**Jiu-Jitsu/Wrestling:** This martial art and combat sport system focuses on grappling with particular emphasis on ground fighting. This class will teach you how to bring a fight to the ground, maintain control of a fight on the ground or end a fight on the ground. Submissions, takedowns, takedown defense, grappling drills and exercises are taught in this class.

**Equipment:** Mouthguard for all and Groin Protector for Males

**Mini Maniac Kickboxing/MMA (Youth ages 7-13):** This class is the age-appropriate version of Kickboxing/MMA intended for our younger fighters. This class will use drills such as partner, cardio, conditioning, self-defense as well as others to create a fun and exciting learning environment. Some controlled light sparring is also involved in this class.

**Equipment:** MMA Gloves, Mouthguard, Groin Protector (Males)

Effective 6.20.23