

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.

Requirements: Uniform (Gi) Contact Rating: Medium

Asylum Workout-A signature workout at COMBAT FITNESS. Hardcore half hour workout guaranteed to make you sweat and burn some fat. This workout involves calisthenics, cardio, endurance and mma drills to create one "Crazy" yet affective workout.

Requirements: None Contact Rating: None

CrossPit-Based of off the famous "PIT" workouts, The Asylum workout will put you through intense conditioning workouts unlike no other. Exercises such as Tabatas, Chelseas, 60's, Blackjacks and many more will be used to create a easy but very intense workout. You will have to push your mind and body to go to the next level in this class.

Requirements: None Contact Rating: None

Mixed Martial Arts (MMA)-MMA combines Kajukenbo, Boxing, Kickboxing, Submission Grappling, Wrestling and Ground and Pound together as one form of fighting. 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. Combat Fitness also features the "THE PIT" system in its MMA program.

Requirements: MMA Equipment Contact Rating: High

K.O. Kardio-This class uses elements from MMA, Kickboxing, Boxing, as well as Cardio and Plyometric drills to create one "Knock Out" of a workout. There are 2 options in this class either race the clock to finish your rounds or just work non-stop for the allowed time.

Requirements: Boxing or Bag gloves & Hand Wraps Recommended Contact Rating: None

Boxing-Traditional western boxing is taught in the class. This class combines several drills and exercises using the focus mitts, heavy bags, partners and many 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.

Requirements: Boxing Gloves Required, Hand Wraps Optional Contact Rating: Low

Kickboxing-This class combines elements of American Kickboxing and Muay Thai Kickboxing. Hands, feet, elbows and knees come together in this class as one unit. The Kickboxing class uses partner drills, bag drills and individual drills to create a form of self-defense, sport and exercise.

Requirements: Boxing Gloves & Shin Pads Required, Hand Wraps Optional Contact Rating: Medium

Muay Thai Kickboxing-Muay Thai is a hard martial art from Thailand that uses stand-up striking along with various clinching techniques. Muay Thai is referred to as the "Art of Eight Limbs" or the "Science of Eight Limbs" because it makes use of punches, kicks, elbows, and knee strikes, thus using eight "points of contact", as opposed to "two points" (fists) in Western Boxing and "four points" (hands and feet) used in sport-oriented martial arts.

Submission Grappling-Combines elements of Ju-Jitsu, Judo, Wrestling and other ground fighting arts. 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 all taught in this class.

Requirements: Mouth Piece Recommended, Males Must Wear Athletic Support Contact Rating: High

Mini Maniac MMA-This is the smaller version of the MMA class intended for our younger fighters. This class will use several drills such as partner, cardio, conditioning, self defense as well as many others to create a fun and exciting learning environment. Some controlled light sparring is also involved in this class.

Requirements: Jr. MMA Equipment Contact Rating: Medium

Mini Maniac Kickboxing-This is the smaller version of the Kickboxing class intended for our younger fighters. class combines elements of American Kickboxing and Muay Thai Kickboxing. Hands, feet, elbows and knees come together in this class as one unit. The Kickboxing class uses partner drills, bag drills and individual drills to create a form of self-defense, sport and exercise.

Requirement: Jr. Kickboxing Equipment Contact Rating: Medium

Women's Self Defense-This is a women's only class intended to teach self-defense that can be used by females in an environment where they feel threatened or are being attacked. This class will teach self-defense tactics, Rape prevention techniques, Kickboxing, Boxing, as well as getting in a great workout.

Requirements: None Contact Rating: Low

Fighter Circuit-This is a circuit training class developed with the fighter's muscles and cardiovascular in mind. This class is excellent to develop strength and endurance for a fight or life. Timed station rounds are used in this class. You don't have to be a fighter to train like one.

Requirements: Boxing or MMA Gloves, Hand Wraps Optional Contact Rating: None

Asylum Kickboxing-This class combines 2 classes into 1 killer class. Start off with a 30 min. Asylum Workout then transition right into a 30 min. Kickboxing Class.

Requirements: Boxing Gloves and Shin Pads Required, Hand Wraps Optional Contact Rating: Medium

Point Sparring-Traditional martial arts style competition sparring.

Requirements: Kajukenbo Class Attendance Suggested Contact Rating: High