

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-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 and must attend at least 2 other disciplines

Contact Rating: High

K.O. Cardio-This 12 Round class uses kickboxing elements from American Kickboxing and Muay Thai Kickboxing on the punching bags, as well as cardio and conditioning workouts to create a full body workout. This workout is guaranteed to knock you into shape. (Formerly known as THAI BOX)

Requirements: Boxing or Bag gloves & Hand Wraps also recommended

Contact Rating: None

K.O. Cardio Punch-This 12 Round knockout class uses elements of Boxing on the heavy bag, as well cardio and conditioning workouts to create a knockout workout. This class is guaranteed to knockout those extra pounds. (Formerly known as KNOCKOUT WORKOUT)

Requirements: Boxing or Bag gloves & Hand wraps also 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 require, 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 and Shin Pads required, Hand wraps optional

Contact Rating: Medium

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 uses 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

Kickboxing/Boxing Sparring-This is a full contact sparring class. Put to use what you learn in kickboxing, boxing or both. You will partner up with another student of the same experience and practice controlled sparring with full gear on.

Requirements: Boxing gear and/or Kickboxing gear

Contact Rating: High

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 tech self-defense tactics, Rape prevention techniques, Kickboxing, Boxing, as well as getting in a great workout.

Requirements: None

Contact Rating: Low

MMA Conditioning-This class uses the conditioning drills used by the fight team in their training. This is an excellent class to work on stamina and strength. Drills and skills are used in this class to create an ultimate workout.

Requirements: None

Contact Rating: Low