

COMBAT FITNESS

RAPACON'S MARTIAL ARTS

CLASS DESCRIPTION

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:** 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 30 to 45 minute workout. Workouts change day to day and instructor to instructor, so expect the unexpected.

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

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 & Hand Wraps **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.

The Tuesday & Thursday class at 7:30pm requires Shin Pads due to the higher contact rate. This Class also moves at a faster pace and teaches more advanced techniques. It is recommended that students get comfortable with Kickboxing techniques first by participating in one of the other Kickboxing classes first.

Requirements: Boxing Gloves & Hand Wraps, **Shin Pads For Tuesday & Thursday 7:30pm Class**

Contact Rating: Medium/High (Tuesday & Thursday 7:30pm Class)

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& 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: Student Must Attend Kajukenbo & Kickboxing First **(Participation In This Class Is Up To The Discretion Of The Instructors)** And Have 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

Point Sparring-Traditional martial arts style competition sparring.

Requirements: Kajukenbo Class Attendance Suggested & Point Sparring Gear **Contact Rating:** High