

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:** 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) Drilling/Sparring* - MMA combines Kajukenbo, Boxing, Kickboxing, Submission Grappling, 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. MMA Gloves, Boxing Gloves, Hand Wraps (Optional), Groin Protector (Males), Mouthguard & Shin Pads
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

American Muay Thai Kickboxing-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 with-in 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.

Requirements: Boxing Gloves, Hand Wraps & Shin Pads **Contact Rating:** High

Jiu-Jitsu/Wrestling-Is a martial art and combat sport system that 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 all taught in this class.

Requirements: Mouth Piece& Males Must Wear Athletic Support **Contact Rating:** High

Mini Maniac Kickboxing/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: Participation In This Class Is Up To The Discretion Of The Instructors And Have Jr. MMA Equipment **Contact Rating:** Medium