



NAC MMA/Boxing

Adult Program: September 8th-May 2010

Kids Program: September 8th-November 23rd

Cost:

MMA & Adult Boxing: FREE TO ALL NAC MEMBERS + \$5 Registration Fee (Unlimited classes a week)

Youth Boxing: FREE TO ALL NAC MEMBERS + \$5 Registration Fee (1 class a week)

Registration:

All kids classes will need to re-register for each session. Registration will be continuous for all Adult Programs. All participants must register at the Program Desk.

No Classes for Kids Boxing only:

Sept. 18th, Sept. 28th, Nov. 3rd

Where:

All classes will be located in the MMA room (located across from Studio 2) or the Competition room (located at the Big Leagues building right next to the NAC on Penns Trail).

Contacts:

Director: Jim McCann jimmccann@newtownathletic.com

- (Private Intense Training) \$100 a session

- For Semi P.I.T. add an additional \$25/per person

- Sessions last from 1hr to 1 ½ hrs in duration

Co-Director: Brent Spinio brent@newtownathletic.com

- 1 ½ hrs private session once a week for 10 weeks

- Significantly enhanced stand up fighting skills guaranteed

- Limited spaces available for each ten week session

Attire: Workout and comfortable clothing is recommended. Boxing, wrestling shoes, or bare feet. Boxing Attire: Boxing gloves and Boxing hand wraps for Adults. For ages 10 and below, attire is comfortable, wraps are unnecessary and discouraged for younger children. For children ages 11 + that use wraps, instructions will be provided the first few classes and after that, kids will be expected to be wrapped and ready at the start of class. MMA Attire: MMA gloves and MMA wraps. All equipment may be purchased at the Program Desk. Participants may have a two week grace period before purchasing required equipment.

Descriptions:

MMA: (Mixed Martial Arts), also known as "no-holds-barred" and "ultimate fighting", is the fastest-growing professional sport in the world. MMA encompasses the most effective combat tactics from multiple disciplines and styles of martial art. MMA is a complete fighting system. Students develop a variety of skills for striking, grappling, groundwork, submission holds, joint locks, and takedowns, as well as conditioning for speed, strength, endurance, and flexibility.

Boxing: This course is intended for the individual who wants to take the sport beyond the trendy cardio activity. Our primary task is to teach you the sweet science. You will learn hundreds and hundreds of old school boxing drills, in-depth strategies, winning tactics and evasive tricks, so many of the tested and true methods lost by the modern trainers of today. For boxing is more than survival of the fittest. It is a game of conditioned reflex action, destructive deception and coordinated, exquisitely articulated physical endeavor. We will bring you through every step, from learning how to make a fist to the tactics and strategies champions have employed to win their fights.

Ladies Boxing: This class is for women only and is taught exactly the same as a standard Boxing Class. You will learn hundreds of old school boxing drills, in-depth strategies, winning tactics and evasive tricks, so many of the tested and true methods lost by the modern trainers of today. It is a game of conditioned reflex action, destructive deception and coordinated, exquisitely articulated physical endeavor. We will bring you through every step, from learning how to make a fist to the tactics/strategies champions have employed to win their fights.

Kids/Girls Boxing: Basic boxing techniques and activities incorporated into an intense workout-designed to burn calories and build endurance while increasing strength, agility, speed and self-confidence. General class structure: approximately 10 minute warm-up including jump rope and shadow boxing; approximately 40 minutes of intense training include rotations using heavy bag, pad work, etc. 10 minutes of calisthenics including jumping jacks, push ups and abdominal work. No boxing experience necessary.

Kickboxing: This is a fusion of several stand up martial arts styles. The first half of the class is a specified routine of martial arts movements that emphasizes stretching through striking. The second half of the class is spent on learning new movements and strikes to enhance the students stand up fighting skills. If you have ever wanted to experience the martial arts, then this is a great place to start.

Advanced Kickboxing: This is a cardio and impact intense class that utilizes shadow boxing, focus pad work and heavy bags to achieve a full body workout. Students should have some striking experience before taking this class.

Combat Kickboxing: This course teaches the sport of using martial-arts-style kicks and boxing-style punches to defeat an opponent in a similar way to that of standard boxing. Kickboxing is a standing sport and does not allow continuation of the fight once a combatant has reached the ground. Kickboxing is often practiced for self-defense, general fitness, or as a full-contact sport. Learn: The punches, kicks, knees and elbows of many of the world's most deadly arts, seamlessly blended together to achieve the acquisition of precision, rhythm, timing, balance, range, relaxation, speed and strength.

Combat Conditioning: We strive for Superior athleticism, which is developed through functional, multi-joint movements that involve substantial muscle recruitment patterns, in a variety of methods, and applications at great intensity. What we do is combine new technology and training techniques with traditional martial arts and fitness methods of the past to accelerate the results process by constantly introducing new moves and routines so your body never plateaus, and you never get bored! Whether you want to get lean, bulk up, or just plain get ripped, there's an endless variety of ways to mix and match the routines to keep you motivated!

Submission Wrestling: This is a sports modality and a general term that is used to describe the aspect of martial arts and combat sports that focus on clinch and ground fighting with the aim of obtaining a submission using submission holds. Submission wrestling as a separate sport integrates many grappling arts into a single system, and can include techniques from a wide range of arts. Students develop a variety of skills for, grappling, groundwork, submission holds, joint locks, and takedowns, as well as conditioning for speed, strength, endurance, and flexibility.

JKD/CQC: Close Quarters Combat can be used to describe an up-close military hand-to-hand fighting system, also known as combative. It is also a term used for fighting an enemy at close range while armed. CQC teaches a person to use any part of their body as a weapon in any environment and how to use any modern day weapon as a tool of self defense. Weapon systems used include improvised knives, batons, firearms etc **Jeet Kune Do:** Bruce Lee's JKD is a devastating combination of speed, power and deception. JKD is based on Simplicity, Economy of Motion and Intercepting Emotional Intent.