

MARTIAL ARTS

American Pit Fighters/Mixed Martial Arts (MMA):

The focus areas under this program are Boxing, Muay Thia Kickboxing, and Wrestling/Jujitsu. Muay Thia is a combat sport from Thailand using stand-up striking along with various clinching techniques. Fists, elbows, shins, and feet are associated with good prep. That makes full-contact fighting very efficient. Each focus area has a class session that is focused on that specific practice. See schedule for details.

For the Muay Thia Kickboxing and Wrestling/Jujitsu classes, the first hour of the session is devoted to conditioning with the remaining 2 hours devoted to the specific focus area training.

Gear for MMA training:

- 16oz boxing gloves
- Mouth piece
- Athletic cup support
- Shin guards
- 4oz gloves (optional)

APF/ MMA Youth:

Youth martial arts are a fun way for both boys and girls to achieve fitness and focus. This class covers self defense, kickboxing, and muay thai to help teach self-discipline, socialization skills, and concentration. Ages: Geared toward 8-15 years, but adults are welcome

Master Instructor Dave Mann has been a student of Randy Berenger and Todd Garrison for several years. He is an integral part of Shakeh Martial Arts Systems and is a 9th degree black belt. Mr. Mann has an immense knowledge of martial arts integration and application. He has been practicing martial arts for over 20 years.

Contact: whitedragons1@msn.com
"anti-bullying" initiatives to help resist peer pressure and boost confidence.

Ages: 5 to 13

Mann's PIT: Powerful Intense Training

Want to train like a fighter? Attend the APF (American Pit Fighters) boot-camp class to build your cardiovascular endurance and strength. You will be whipped in shape in no time. You may be tossing tires outside or doing circuits in the martial art area. Class is instructed by Dave Mann, APF coach. *Class is for cardio and strength training.

Shakeh/Jeet Kune Do Martial Arts:

The first hour is devoted to the art of philosophy of Jeet Kune Do. The second hour has a rotating curriculum of Brazilian Jiu-Jitsu, Muay Thai, Kali, Aikijutsu, Kenpo, Kuntao Silat.

Instructor: Sifu Todd Garrison is a certified Jeet Kune Do instructor under Jerry Poteet, an original Bruce Lee student. Todd is the owner, and head instructor in the Shakey Martial Arts Systems where he is a 10th degree black belt and a two-time inductee into the World Martial Arts Hall of Fame.

Website: iowajeetkunedo.com
Visit him on Facebook at Shakeh Martial Arts Systems.

Shakeh Martial Arts Kids:

This class is designed to help children maintain a healthy lifestyle, increase self-esteem, reward hard work, and encourage prosocial behavior through physical activity and self-defense techniques. We focus on

Street Self Defense Tactics:

This diverse martial art program trains students in a wide array of self-defense skills. It's a great way to relieve stress and keep you physically fit. Head instructor Steve Law has 10 years of experience along with his Black Belt. This adult class (14 yrs or older) is full of good company and

15 great lessons.

Martial Arts Schedule

Class	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
APF/MMA						
Boxing		6-8 pm				
Muay Thia Kickboxing				5-8pm		1-4 pm
Wrestling/Jujitsu			5-8 pm			
APF/ MMA Youth		5-6 pm				
Mann's PIT			5-6pm	5-6pm		1-2pm
Shakeh/Jeet Kune				6-8pm		9-11am
Shakeh Martial Arts Kids						11-Noon
Street Self Defense	9:30-11am			10-11:30am		

APF/ MMA Training: Members - \$50/month
Community - \$60/month
\$10/drop in class

APF/MMA Youth: Members - \$25/month
Community - \$30/month

Mann's Pit: Members - \$20
Community - \$40

Shakeh/Jeet Kune Do: Members - \$50/month
Community - \$60/month
1 class per week - \$40
Active Military/Veterans - \$35/m

Kids Shakeh: Members - \$25/month
Community - \$30/month

Street Self Defense:

Member	Community
Single rate: \$25/month	\$35/month
Family rate: \$45/month	\$65/month

Registration needs to be done before the 10th of each month. After the 10th of each month, a \$10 late registration fee will be charged