



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## 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.

### **APF AFTER DARK**

This class is not your traditional boxing class. Come enjoy some high intensity cardio revolving around boxing combinations and active recovery. Equipment is not required but boxing gloves (16oz) and hand wraps will eventually be encouraged.  
**Instructor:** Tony Swayzer

### **BOXING/KICKBOXING**

Learn how to put together combinations of boxing and kickboxing techniques. Will need boxing gloves (16oz.)  
**Instructor:** Dave Mann  
**Contact:** whitedragons1@msn.com

### **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.  
**Instructor:** Dave Mann.  
**Contact:** whitedragons1@msn.com

### **STREET SELF DEFENSE TACTICS:**

Street Self Defense Tactics teaches real life self-defense tactics while incorporating cardio and flexibility. Learn simple but effective survival techniques.  
**Instructor:** Steve Law  
**Contact:** Stevelaw595@gmail.com

### **MANN'S PIT:**

#### **Powerful Intense Training**

Want to train like a fighter? Attend the APF (American Pit Fighters) bootcamp 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.

**Instructor:** 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  
**Website:** www.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.  
**Instructor:** Sifu Todd Garrison  
**Website:** www.iowajeetkunedo.com  
Visit him on Facebook at Shakeh Martial Arts Systems.

### **BUSHIDOKAN MARTIAL ARTS**

Shihan Paul Peterson returns to the YMCA to offer Bushidokan for all ages. Bushidokan is a traditional style of Martial Art that teaches kicks, strikes, throws, and weapon techniques. This class is a great way to get in shape, to develop character and focus, and learn how to protect yourself while the five virtues of courtesy, confidence, perseverance, discipline, and optimism are always in practice.  
**Instructor:** Paul Peterson

# MARTIAL ARTS SCHEDULE

| Class                       | MON          | TUE    | WED      | THUR         | FRI          | SAT     |
|-----------------------------|--------------|--------|----------|--------------|--------------|---------|
| APF/MMA                     |              |        |          |              |              |         |
| Boxing                      |              | 6-8 pm |          |              |              |         |
| Muay Thia<br>Kickboxing     |              |        |          | 5-8pm        |              | 1-4 pm  |
| Wrestling/Jujitsu           |              |        | 5-8 pm   |              |              |         |
| APF After Dark              | 8-9pm        | 8-9pm  | 8-9pm    | 8-9pm        |              |         |
| Boxing/Kickboxing           | 9:30-10:30am |        |          |              | 9:30-10:30am |         |
| APF/ MMA Youth              |              | 5-6 pm |          |              |              |         |
| Mann's PIT                  |              |        | 5-6pm    | 5-6pm        |              | 1-2pm   |
| Shakeh/Jeet Kune            |              |        |          | 6-8pm        |              | 9-11am  |
| Shakeh Kids<br>Martial Arts |              |        |          |              |              | 11-12pm |
| Street Self Defense         |              |        |          | 9:30-10:30am |              |         |
| Bushidokan                  | 7-8:30pm     |        | 7-8:30p  |              |              |         |
| Bushidokan Youth            | 6-6:50pm     |        | 6-6:50pm |              |              |         |
| Little Dragons              |              |        | 5-5:45pm |              |              |         |

**APF/ MMA Training:**

**Ages 16+**

Members: \$50/mo.  
Community: \$60/mo.  
Drop In Class: \$10/class

**APF After Dark:**

**Ages 16+**

Members: \$40/mo.  
Community: \$50/mo.

**APF/MMA Youth:**

**Ages 8-15**

Members: \$25/mo.  
Community: \$30/mo.

**Mann's Pit:**

**Age 16+**

Members: \$40/mo.  
Community: \$55/mo.

**Boxing/Kickboxing:**

**Ages 18+**

Members: \$40/mo.  
Community: \$50/mo.

**Street Self Defense:**

**Ages 14+**

|              | <u>Member</u> | <u>Community</u> |
|--------------|---------------|------------------|
| Single rate: | \$25/mo.      | \$35/mo.         |
| Family rate: | \$45/mo.      | \$65/mo.         |

**Shakeh/Jeet Kune Do:**

**Ages 14+**

Members: \$50/mo.  
Community: \$60/mo.  
1 class per week \$45/mo.

Active Military/Veterans \$45/mo.

**Kids Shakeh:**

**Ages 5-13**

Members: \$25/mo.  
Community: \$30/mo.

**Bushidokan Martial Arts:**

**Ages 15+**

Members: \$45/mo.  
Community: \$60/mo.

**Bushidokan Youth:**

**Ages 8-14**

Members: \$25/mo.  
Community: \$35/mo.

**Little Dragons:**

**Ages 4-7**

Members: \$25/mo.  
Community: \$35/mo.

**All Martial Arts registrations are open until the 10th of each month. Any fees paid after the 10th of the month will include an additional \$10 late fee.**