

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

Youth & Adult Martial Arts Schedule

Class	MON	TUE	WED	THUR	FRI	SAT
APF/MMA						
Boxing		6-8 pm				
Muay Thia 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 Martial Arts						11-12pm
Street Self Defense	9-10am			9:30-10:30am		
Bushidokan	7-8:30pm					10-11am
Bushidokan Youth	6-6:50pm					9-9:50am
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.