

MMA

MMA Skill level Open to intermediate students Class Description · Instructor led session is provided with individualized attention · Techniques specific to incorporating strikes and submissions in all ranges are demonstrated by instructors and practiced by students · Cage Fencing allows students to learn techniques specific to positioning on the cage · Live sparring with light strikes in all ranges and all submissions among students allows them the learning environment to implement the techniques and/or defend themselves against them Gear required · MMA Gloves · Mouthpiece · Groin cup General Information All classes at MMA Institute are designed to contribute to one's mastery of MMA. In the MMA class itself, all aspects of the sport are combined with a particular emphasis on techniques on the ground specific to dealing with submissions and strikes simultaneously. Although the class requires students to have already acquired the basics from the other classes, it is open to non-fighters as well as those students who are amateur or professional fighters. This allows students to gain from the experience and control of MMA fighters, while at the same time, developing the skills they need to become helpful training partners.

Coach: Rick McCoy