

Clinch and Take Downs

Clinch and Take Downs Skill level Open to intermediate students Class Description · Instructor led session is provided with individualized attention · Class is dedicated to improving skills and strikes in the clinch as applied in MMA · Class also reviews various take downs and take down defenses as applied with strikes or without strikes · Cage Fencing allows students to learn takedown strategies when on the cage or when opponent is pressed against the cage Gear required · Mouthpiece · Groin cup General Information Although all fights begin standing up, knowing good takedowns and take down defenses allows a fighter to control completely where the fight will go. Controlling the range of the fight is essential to keeping the fight where you are dominant or avoiding the range where your opponent is dominant. This class incorporates take downs from wrestling, sambo, judo, and Muay Thai sweeps from the clinch. Coach: Rick McCoy