Introduction to Martial Arts will expose the student to the basics of martial arts philosophy and technique. Students will learn entry level techniques and tactics specific to self-defense. Students will also learn martial arts form and be exposed to multiple martial arts styles to round out their experience. This class will prepare the students who reach proficiency in the entry level basics to move on to the Advanced Mixed Martial Arts class.

Advanced Mixed Martial Arts class is intended for experienced martial arts practitioners from all disciplines. Concepts taught in this class are high level fight tactics, self-defense, and combat sports training. Martial arts styles taught are Tae Kwon Do, Kenpo, Jiu-Jitsu, Wrestling, Boxing, Muay Thai, Aikido concepts, and Judo. Students will also be given opportunities for rank promotion in Tae Kwon Do, Moo Duk Kwan. Students will also learn weapons mastery as well as skills for competitions if desired.

Self-Defense Series with consideration of the level of violence of an attacker, this class will teach you real fighting techniques so that you can defend yourself against a resisting attacker. To correctly defend yourself, you need to invest the time and energy into learning good technique and developing solid awareness skills. In this class you will learn: How to be aware of your surroundings; How and when to prepare for an altercation; How to quickly and effectively defend yourself; and how to create several options for yourself quickly to escape or diffuse a situation.

Jiu-Jitsu is for students who are interested in “The Ground Game”. Jiu-Jitsu is primarily about fighting or defending yourself once the fight goes to the ground. The beauty of Jiu-Jitsu is that it gives you options that the striking arts do not. You do not have to punch or kick your opponent to end the altercation. In this Jiu-Jitsu class you will learn: Restraining techniques such as chokes, armbars and shoulder locks; How to avoid being taken down or reverse position once you are on the ground; How to dominate an opponent from the bottom position and top position; and how to take a person down to the ground.