

## **Striking Class**

The striking class is a mixture of MMA, boxing, grappling and street fighting. This class is a self defense class that will also give you a high level of fitness. The main basis of this class is pre-emptive striking (striking before your opponent) which incorporates lots of pad work using focus mitts. Also bring in the grappling should a fight go to the floor, knowing a small amount of grappling technique can make the difference between winning and losing a fight. You will learn to use all the limbs in your body- hands, feet, shins, knees, elbows and head. The class ranges from single power punching techniques to multiple limb combinations. From ground and pound to fighting off your back I will teach you to defend yourself in every possible situation, while developing a cage fighter/street fighter mentality of never giving up! This is **REAL** self defense that has been tried and tested in **REAL** situations thus is the nature of the class it is only open to adults.

In this class you not need any membership, special suits or clothing. It is open to all styles and levels of martial arts or even if you have not done martial arts at all! Your own focus mitts are advised but not necessary as I have spares. MMA gloves and/or hand wraps are recommended to protect the hands but also not necessary.

The class is on Mondays 7pm-8pm at Harris Sports Centre, Rugby,  
Mellish Road, CV22 6BB