

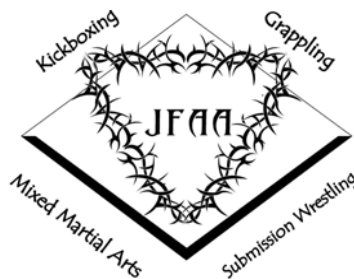
Muay Thai/Pads: Dynamic & explosive movements to use hands, elbows, kicks and knees to punch and kick the opponent.

Muay Thai/Drills: Used to fine-tune technique in a pseudo-sparring setting.

Jiu-Jitsu: Ground fighting techniques and submission holds involving joint locks and chokeholds, usually worn with a GI.

Grappling: Techniques for handling the opponent using submission holds to overwhelm a join or by choking.

M.M.A.: Combat sport to achieve dominance by utilizing tactics: takedowns, striking, finishing holds, and submissions.



Boxing: Martial art and combat sport of attack and defense with the fists learned and practiced in accordance with rules requiring use of gloves and limiting legal strikes and blows.

Wrestling: Ancient martial art in which opponents use grappling type techniques such as clinch fighting, throws, takedowns, escapes and reversals, joint locks, pins and other grappling holds in an attempt to gain and maintain a superior position.

Fighting Arts Academy

Muay Thai Kickboxing, Submission Wrestling, Vale Tudo Schedule

190 Verge St. Springfield, MA 01129 (413) 543-0019

www.FightingArtsAcademy.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Muay Thai Kickboxing Pads 9:00am – 10:00am	Adult Grappling Technique 9:00am – 10:00am	Adult MMA 9:00am – 11:00am		Adult Open Mat 11:00am – 12:00
Adult Strength / Conditioning 9:00am – 11:00am	Adult Muay Thai Kickboxing Drills 10:00am – 11:00am	Adult Grappling Drills 10:00am – 11:00am		Adult Strength / Conditioning 9:00am – 11:00am	Kids MMA 11:00am – 12:00pm
Kids Sparring 5:30pm – 6:15pm	Kids Muay Thai Kickboxing 5:30pm – 6:30pm	Kids Jiu-Jitsu (GI) 5:30pm – 6:30pm	Kids – Advanced MMA 5:00pm – 6:00pm	Kids Wrestling 5:30pm – 6:15pm	Adult Muay Thai Kickboxing Pads 12:00pm – 1:00pm
Adult – Beginner Muay Thai Kickboxing 6:15pm – 7:15pm	Adult – Wrestling All Levels 6:00pm – 7:00pm	Adult – Beginner Muay Thai Kickboxing Technique 6:00pm – 6:30pm	Adult – Beginner Grappling 5:30pm – 6:30pm	Adult – Beginner Muay Thai Kickboxing 6:30pm – 7:30pm	Adult Muay Thai Kickboxing Drills 1:00pm – 2:00pm
Adult Muay Thai Kickboxing Pads 6:15pm – 7:15pm	Adult – Boxing All Levels 6:00pm – 7:00pm	Adult Muay Thai Bag 6:30pm – 7:30pm	Adult – Wrestling All Levels 6:30pm – 7:30pm		
Adult Grappling – Technique 7:30pm – 8:30pm	Adult – Advanced MMA 7:00pm – 8:30pm	Adult Grappling 7:30pm – 8:30pm	Adult – Advanced MMA 7:30pm – 8:30pm		<i>Kids (all ages) are required to wear school t-shirt/uniform for all classes.</i>
					<i>See Rules and Regulations for additional information.</i>