



YOUR GUIDE TO PHOENIX COMBAT SPORTS SESSIONS – 10 May 2017

If you have any questions – please ASK. The coaches are here for your development.

Phoenix is one club, one team with one vision.

MUAY THAI KICKBOXING PROGRAM (BEGINNER SESSIONS): ✓ Suitable for NEW MEMBERS and beginners up to and including Level 1. These sessions are fitness and skill sessions where you practice both offensive and defensive aspects of Muay Thai Kickboxing. Most people do Muay Thai because it is the best workout you can get but it also the most practical self defence and fighting system in the world. Classes are conducted in a disciplined, safe, positive and controlled environment. Phoenix is a modern, graded and organised system that will ensure your fitness and skills improve and that you learn authentic and practical skills. Classes include technique practice, partner work, shield work, bag work and general free body fitness drills. All Phoenix classes are coached by people with extensive experience at Muay Thai, who have competition experience and many years dedication to the sport and Phoenix. Some class descriptions:

- **BEGINNER CLASSES:** Suitable for first timers to get started up to people graded to Level 1. Includes Bag Work class and Pad Work class.
- **BAG WORK & FIGHTING FIT:** These is an action-packed classes combining output orientated striking with fitness and conditioning exercises to ensure massive heart rate spikes.
- **MORNING MUAY THAI –Thursday 6:05am and FIGHTING FIT Tuesday 6:05am.** Skill and Fitness classes for Muay Thai. A great wake up hit out.
- **GRADED CLASSES - DEVELOPMENT & INTERMEDIATE.** You must be graded to the appropriate level to attend or be invited. You should also attend the level of class you are graded to! To learn more about grading – ASK a coach, read the information booklet and grading posters located in the gym. First graded level is TTFU then you move to Level 1.

PERSONAL TRAINING IS AVAILABLE AT ANY PROGRAM TO PROGRESS FASTER, LEARN FASTER OR JUST TO GET YOU STARTED FOR CLASS PARTICPATION.

BOXING SESSIONS: Suitable for all levels on a Monday, Wednesday, Thursday and Saturday. Tuesday is a FOCUS MITT & BAG WORK class that is suitable for people with 8 or more classes. Friday is an Intermediate class for TTFU and above. Boxing is the core basic of all fighting and is essential for all fighting skills so it is a great base or addition to any other class. Phoenix Boxing is great for your fitness and self defence and can turn you into a real boxer if you want to or just do it for great a great workout with a purpose. Most people do boxing because it is great fun, great stress release and a really good work out. 4:40pm is Boxing Express for a quick afternoon hit out. Saturday from 1:00pm is 30 min sparring for TTFU +.

BRAZILIAN JIU JITSU (BJJ): BJJ technique class. All belts. This is a technique only class designed to provide students with a solid foundation of Brazilian Jiu Jitsu through fundamental BJJ theory, technique and principles. The class incorporates Jiu Jitsu movement drills designed to help students internalise the fluid body mechanics behind the concepts they are learning. **BJJ fundamentals class All belts.** Same as above but positional sparring and specific training are also added to these classes as they help to develop the students muscle memory and physical understanding of the sport from the techniques learned in class. **BJJ beginner and no-gi class. All belts.** A continued exploration of BJJ theory, principles, technique and body mechanics. Participants will continue to develop their offensive and defensive game through partner work and live sparring. The No-Gi class is performed without the traditional uniform and thus students learn to make adjustments to their game to adapt to this form of Brazilian Jiu Jitsu. No Gi classes require a rash vest and MMA shorts as the uniform.

COMBAT SPORTS & MARTIAL ARTS is the main aspect of Phoenix. Everything we do is designed to build a base as a part of a larger system of personal health and character development. Physical Combat is everything associated with self defence and fighting skills and that's what we do at Phoenix. If we thought something was better than what we do, we would do it. Everything from open hand self defence to weapon fighting must start with a base and an ability to understand combat emotionally and physically. Even your fitness needs to prepare you for action and stress so we have included everything in your membership. We are not just a gym, we are a specialist training centre for realistic martial programs and that will take a medium to long term goal to achieve. We work as a team and are here to start you on and continue your path as a lifestyle choice to health, fitness and character development.

MIXED MARTIAL ARTS (MMA) Phoenix is an MMA club! We have everything for people who want to do MMA and we have been doing it for over 20 years. Every single class we do is a part of the MMA program! Try to get a base at something and then expand your skills. Try Muay Thai, Wrestling, BJJ and Fitness training. MMA sparring is available once you are at an intermediate level at striking and grappling. MMA is not a style, it is component of styles; and we have everything you need. Be great not just average at everything.

FITNESS TRAINING. Everything we do at Phoenix is fitness training. Fitness with a purpose! Most people train for the fitness and everyone does the classes they prefer. Fitness specific classes offer extra conditioning for combat sports but also an alternative for people wanting fitness only classes, a great work and something different in their training and lifestyles. Please refer to the fitness schedule for the fitness class times and activities. The fitness system is graded and developmental like the martial programs.

100% TESTED ON HUMANS - FORGET WHAT YOU THINK GYMS ARE LIKE – PHOENIX IS REMARKABLE