

KIDS MMA PROGRAM

AUCKLAND MMA proudly presents its KIDS MMA program for ages 6 to 15 years. This program is designed to teach your child basic skills in kickboxing, boxing, wrestling, and grappling. Classes incorporate a good cardio workout while promoting teamwork by using partner drills and relay exercises. Your kids will have great fun while learning the combat sports.

Our Kids MMA Program will enhance your child's ability to:

- Focus
- Build confidence
- Learn respect
- Discipline and Control
- Self-defense

Techniques taught include:

- Punches and punch combinations
- Kicks and punch kick combinations
- Wrestling and grappling takedowns
- Grappling positioning
- Basic submissions (Advanced students only)

Required gear: Boxing Gloves, T-shirt, Shorts with no metal or plastic.

Advanced students may spar lightly with careful supervision.



SUPER AWESOME BRAZILIAN JIU-JITSU (BJJ)

Enhance your child's understanding of Mixed Martial Arts by adding classes in Brazilian Jiu-Jitsu. The Super Awesome BJJ classes is an option for the child who has taken well to the grappling aspect of MMA. Students must first be in the Advanced program and be invited to join. All students in the BJJ classes are required to wear a BJJ or Judo uniform.



SCHEDULE OF CLASSES

KIDS MMA Classes

TUESDAYS 4:30 – 5:30 pm (Adv. only)

THURSDAYS 4:30 – 5:30 pm

BJJ Classes (Adv. only)

MONDAYS 4:30 – 5:45 pm

WEDNESDAYS 4:30 – 5:45 pm

PRICING

KIDS MMA

Advanced student TERM (Tue & Thu training).....\$160

Beginner student TERM (Thu training only)\$80

No casual attendance, and No registrations accepted after term starts. All registration fees must be paid in cash at the start of the term.

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