

**Class Descriptions**

People

Craig Godfrey

To

me

Feb 26 at 5:53 PM

Good evening Claudia -

First I included all the classes I have content for. You will notice towards the end there are no descriptions. If you want to change any of the class titles please go ahead with that too. Once you get these back to me I will make the updates and changes we discussed (linking to the new class description pages) and some minor styling changes.

**Boxing**

BOXING FUNDAMENTALS: This class teaches the rudiments of traditional boxing. Students will master the different aspects of boxing including footwork, angles, head movement, as well as learning to deliver powerful punches. Sparring is encouraged and is also very well supervised by our professional coaches. Boxing is a timeless art and the utilization of the sweet science is vital for anyone who wants to fight and become a future champion pugilist.

**Combat Fit**

This class is for the individual that enjoys hard cardio combined with the striking of combat sports. There is no sparring in this class, but you’ll feel like you’ve been in the ring for a championship fight after you’ve completed the workout. The practice will sometimes involve partnering up on kicking shields, focus mitts, Thai pads and punching bags. It’s always fun to mix up your training schedule and hit something while doing it! Always challenging, always sweating, and always smiling, this session will make you feel like a fighter but without getting punched or kicked in the face. You won’t get beat up but you will feel like it after 60 minutes of Combat Fit.

**Jiu Jitsu**

Jiu Jitsu: Taught by Sean Loeffler. A history lesson about the origins and methods is necessary to be educated and victorious in the cutthroat Gi Jiu Jitsu world. Sean has spent more than half of his life studying the art of Brazilian Jiu Jitsu under Bob Bass (the 1st American Black Belt under the “Machado” brothers as well as the 1995 world champion). Due to the fact that his mentor is commonly referred to as the most technical black belt of the “Dirty Dozen” (the 1st, 12 non- Brazilians to ever earn the rank of black belt in the sport) it’s needless to say that Loeffler has perfected the art of the clear-cut Gi Jiu Jitsu victory! In his life, Sean has traveled the world to perfect his ground game and has been taught by some of the highest profile top instructors in the history of the sport. This class is practiced in the traditional Jiu Jitsu Gi uniform and the structure is unique and challenging. The students have verified the program by placing very well in high level competitions. This system is tried and confirmed: if you want to become a member of the elite ground game community take part in this course.

**Kid’s MMA**

Kid’s MMA teaches all the basics of MMA including wrestling, striking, submission grappling and fitness. These classes build self-esteem and confidence. Kids with self-confidence are less likely to suffer bullying at school. We stress discipline and self-control while teaching all these critical elements of self-defense. All this in a fun, family environment. Kids MMA is open to boys and girls ages 7-14.

**MMA Training**

MMA, Taught by Sean Loeffler. Mixed Martial Arts is a class that teaches unconventional as well as conventional fighting forms and is unique to The Compound. For those who train in the striking or grappling arts these techniques will help further develop those skills and create personal sucess in your comabt sports abilities. Not only will the MMA practice define and improve your all around athleticism and success as a martial artist, but you will also be handed the concepts and tools that are essential to become a top level fighter. Sean has create a sure fire way to finish and control the entirety of a fight from start to finish. This class involves sparring, drilling and evensoe note taking as well as technique to mold you into an unstoppable force!

**Muay Thai / Kickboxing**

MUAY THAI KICKBOXING: Taught by John Schultes. This class teaches the basic, advanced, as well as the finer points of Thai boxing. Students will not only learn proper striking, kicking and use of elbows and knees, but also the more productive ways of working in the clinch. You don’t have to be a fighter to take this class, but you do have to take this class if you want to be a fighter.

**Weights / Open Mat**

Open Mat: members can come in during these times and use the gym and do their own training.

**Strength and Conditioning**

Old school training needs modern exercise science. These workouts are the meat and potatoes of high intensity endurance training. Classes encompass all aspects of activities involving the human body: including flexibility. explosion, agility, core strength, balance, power and stamina. This intense workout puts other workouts to shame. The vigorous pace is maintained throughout the entire hour with internals and various types of innovative and ground-breaking movements and drills. The results are undeniable and you will truly feel a sense of accomplishment after participating our one of a kind Strength and Conditioning workouts!

**Submission Grappling**

Submission Grappling, this is taught by Sean Loeffler. This is a unique and revolutionary system that teaches unorthodox and traditional techniques in submission grappling. It is sound grappling techniques coupled with the philosophy that makes it a proven success in competition. Not only will the students practice grappling methods from Jiu Jitsu, Sambo, Catch Wrestling, Judo and many more tactical ground fighting systems. But Sean Loeffler has also invented some of the most aggressive yet high percentage ways of “grabbing” that fight ending submission from positions the grappling community has never seen before. Guaranteed to please the avid ground fighter or the first time practitioner. Submission grappling will become a vital part of your fight training.

**Wrestling**

Wrestling, This is taught by Taylor Schmidt. This class teaches the basic wrestling techiniques needed to be  successful in the complex world of MMA or the realm of competitive wrestling at ANY level. Take down techniques, avoiding and preventing the take down, transitions and domination of the opponent. Wrestling may be the most important martial art of all due to the fact that the superior wrestler dictates where the match takes place: standing or on the mat. An essential for anyone that wants to compete in MMA or wrestling whether it’s at the amateur or pro level.

**Hi Intensity Interval Training-** discontinued class

**Fight Technique-** This class taught by Sean Loeffler will focus on one technique used by fighters in an MMA fight. This class will teach a technique and then give members the opportunity to practice under direct supervision.

**Personal training / Massage Therapy Appointments**

**Kid’s Jiu Jitsu-** just call all the kids classes Monday – Friday at 5:15 Kid’s MMA

**No GI Grappling** description submission grappling should come up when this class is clicked

**GI Jiu Jitsu** this class is not on the schedule. It is Gi Jiu Jitsu. The description Jiu Jitsu should open when Gi Jiu Jitsu class is clicked

**Weapons Techniques** taught by Sean Loeffler focuses on the history of certain weapons and how their use came about. During this class members are taught situational awareness, how to disarm an assailant with a knife or gun, how to incapacitate an assailant.

**Kid’s Muay thai** it should all be Kid’s MMA

**Yoga / Pilates-**This Pilates class uses a reformer as well as bands and mat for strength building and flexibility. After a Compound Pilates class you will definitely feel like you got a workout!

**Sparring-** members can come in for sparring. No technique is taught, but members can spar and gauge the improvement in technique and endurance.

**MMA Ground & Pound –** This is a combined class encompassing grappling, striking and MMA technique. This is a contact class teaching the combined skills needed for cage fighting.

Cheers,  
Craig Godfrey  
760 445 1581  
twitter @cgodfrey