

MONDAY		
12:00–1:30pm	BJJ	MATT
5:30–6:30pm	TEENS & ADULT KARATE	AIMEE
6:15–7:45pm	JKD/KALI JUN FAN GUNG FU FILIPINO MARTIAL ARTS	JOHN / MARK

TUESDAY		
7:00–8:00am	BJJ DRILL CLASS	D.C.
11:30am–1:00pm	BJJ FUNDAMENTALS	MATT
5:30–7:00pm	OPEN TRAINING	MATT

WEDNESDAY		
12:00–1:30pm	BJJ	MATT
5:30–6:30pm	TEENS & ADULT KARATE	AIMEE
6:15–7:45pm	JKD/KALI JUN FAN GUNG FU FILIPINO MARTIAL ARTS	JOHN / MARK

THURSDAY		
7:00–8:00am	BJJ DRILL CLASS	D.C.
11:30am–1:00pm	BJJ FUNDAMENTALS	MATT
5:30–7:00pm	OPEN TRAINING	MATT

FRIDAY		
11:30am–1:00pm	BJJ (NO GI)	MATT

SATURDAY		
9:00–10:00am	BJJ OPEN MAT	MATT
10:00am–12:00pm	JKD/KALI JUN FAN GUNG FU FILIPINO MARTIAL ARTS	JOHN / MARK

Martial Arts and Boxing



MAB STUDIO

EFFECTIVE DECEMBER 1, 2023

UPDATED 11.27.23

TAKE ADVANTAGE OF YOUR

2 WEEK FREE TRIAL!

Angela Zaun, AngelaZ@ClubGreenwood.com
303.529.1621 x 301

Karate

Youth: 5-10 years Adult: 11+ years

**BJJ, Get Strong! Martial Arts/Self Defense and
Boxing/Kickboxing**
13+ years to participate



SCAN FOR INFO

BRAZILIAN JIU-JITSU

13+ years to participate.

BRAZILIAN JIU-JITSU (BJJ)

Brazilian Jiu-Jitsu is a grappling based martial art focusing on ground fighting. The idea is to take an opponent to the ground where size and strength don't matter as much. Securing a position of control and maneuvering the opponent into a submission (arm lock, leg lock and/or choke hold) is the goal of the art. As there is no striking, the literal translation of Jiu-Jitsu is "Gentle Art." NOTE: No Gi is practice without the traditional kimono/Gi uniform.

BJJ DRILL CLASS

During the BJJ Drill Class, a particular position or technique is described and practiced in "positional training" for several weeks or months. Some positions and techniques build off of a basic technique and develop the practitioner's ability to play the "chess game" that is BJJ. This class is heavily focused on live rolling or sparring in an attempt to mimic matches and real world conditions. This class is great for the student that wants to develop skills for a competition or to push themselves physically as well as mentally.

BJJ OPEN MAT

During open mat, you are able to live train the techniques that you learn in class. Live training, called rolling, is the core of Brazilian Jiu Jitsu. Rolling is when both participants try to control and submit the other. Submission is signaled by tapping the mat or opponents' body (aka tapping out). While Jiu Jitsu starts physical at the beginner level and transforms to cerebral toward the advanced level, it is often compared to a chess match.

All 1.5 hour classes include 45-minutes technical instruction and 45-minutes live training.

Instructors: Matt Cram, D.C Hazen

KARATE

Youth: 5-10 years

Adult: 11+ years

JAPANESE OKINAWAN KARATE

Japanese Okinawan Karate dates back to the 1800's. It focuses on self-defense by defeating an attacker in one or two moves while maintaining the Code of Conduct to never use technique aggressively, only in defense. This art is ideal for any age and a black belt can typically be earned within five years.

Instructor: Aimee Dial

JKD/KALI

13+ years to participate.

JKD / KALI

Students will gain strength, confidence, and focus. This mix of martial arts covers a wide range of potential threats, and incorporates punching, blocking, kicking, grappling, joint locks/breaks and weapons in a safe setting. Our experienced instructors create a well-rounded approach to Martial Arts and Self Defense, drawing from the Jeet Kune Do concepts of Bruce Lee, including Lee Jun Fan Gung Fu, Muay Thai Kickboxing and Kali.

Instructors: John O'Grady, Mark Reoch