

## FAFC Etiquette

- All instructors, students and equipment should be treated with respect.
- No Food, Drink or Chewing Gum on the mats.
- Students should be punctual and not leave class early without prior notification.
- No swearing in the Centre.
- No smoking in the Centre, stairway or entrance.
- No Street shoes to be worn on training mats.
- No training shoes to be worn while kicking bags
- Jewelry should not be worn when training for the safety of yourself and your partner.
- Keep toenails and fingernails cut short to avoid injuring training partners
- Always keep yourself and uniform clean.
- Valuables should be kept in a locker
- Mouthguards must always be worn whilst sparring or grappling

## Mixed Martial Arts (M.M.A)

### What is MMA?

MMA is the abbreviation for Mixed Martial Arts. Martial Arts being any system of techniques designed for attacking and defending. Mixed meaning a combination of techniques that enable you to deal with attacks from opponents with different skill sets. The majority of techniques are chosen to enhance your chances in the MMA competitions rather than dealing with surprise attack or multiple attackers or even attackers bearing weapons. MMA is growing in popularity the most renowned being the UFC (Ultimate Fighting Championships). While fighting in the Octagon is serious business you can now learn the skills and enjoy the workouts of the champions of the cage without facing the reality of being on the receiving end of a serious MMA bout.

### MMA Classes

Classes involve both stand up fighting skills ,methods of getting your opponent to the ground and methods for submitting an opponent once on the ground. Detailed techniques can be learnt in the various other classes available with the MMA classes designed to mesh the styles together. All classes pay attention to safety aspects and are conducted in a fun respectable environment.

There is also a separate class for 8-12 year olds.

### What will I learn?

You will learn to punch and kick effectively as well learning to safely bridge the gap to clinch or use various methods of takedowns and shoots. Methods of submitting your opponent on the ground through strikes or holds as well as defences against each of these attacks are also taught.

### What do I wear?

You can wear any comfortable clothing, shorts, t-shirt, tracksuit pants or anything that you feel comfortable training in.

### What do I need?

You do not need any equipment on the first class but should get specially designed MMA shorts ,Rashie top, MMA gloves and a mouthguard. Juniors train in a Nexgen training uniform.

### Do I need to be fit?

You do not need to be fit to start training you only need to be in the class regularly and your fitness, confidence and skills will improve dramatically.