

## 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 Shoes to be worn on training mats.
- 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

## Nexgen MMA

### What is MMA?

MMA or Mixed Martial Arts is the combination of skills from different well-established martial arts styles into a well rounded multi skilled discipline. It was made famous with the creation of the Ultimate Fighting Championship (UFC) a no holds barred, cage fighting competition.

### What is Nexgen MMA

Nexgen MMA is the composition of skills from many different styles formulated by trial and error over many years by the instructors of the FAFC. It incorporates skills from BJJ, Wrestling, Karate, Muay Thai, Kickboxing, Karate and from MMA sparring itself.

### Beginner Classes

Instead of learning MMA as a whole, you will develop the skills by participating in BJJ, Karate and Kickboxing classes. When you are ready you will start combining the skills in organized sparring sessions.

### What will I learn?

When you are ready for MMA Sparring you will have developed a strong stand up fighting style including punches kicks and throws as well as a strong ground fighting game involving controlling positions and submissions.

### What do I wear?

MMA is best practiced in specifically designed Rashies and shorts.

### What do I need?

You do not need much equipment for MMA, shorts ,Rashie, MMA gloves and a mouthguard is substantial.

However, you can also purchase ear guards and groin guards.

### Do I need to be fit?

You will need to be fit to start MMA sparring which you will develop by participating in the different classes regularly