



Frequently Asked Questions

What do I need?

No experience or special equipment is needed, only a good attitude and willingness to learn.

Wear comfortable workout clothes, shoes, and bring a water bottle.

New fighters may borrow gym gloves, though you will want to purchase your own eventually.

Hand wraps are available to purchase for \$10. Some members invest in boxing or wrestling shoes, though sneakers are fine (the less tread the better). **No bare feet, sandals, or boots.**

Mouthpiece and headgear are required for *any and all* sparring.

Why is a personal session required?

There is no enrollment fee. We do require a personal or semi-personal session before joining classes. Personal sessions allow us to assess a fighter's goals and skills. Knowledge of basic form, technique, language, and expectations promotes safety and confidence in the class setting and allows us to serve all participants effectively. It is an amazing workout and a very useful hour, you will not be disappointed!

Will I get to/have to spar?

Sparring is reserved for members who demonstrate adequate knowledge, skills, control, and etiquette. There is no sparring in classes, though we often facilitate sparring after class for those who wish to incorporate sparring into their training. Non-members and minors may spar **ONLY** with an instructor present. Mouthpiece and headgear are required.

What special programs are offered?

We strive to serve the needs of all members, including those who wish to fight competitively and those who simply wish to improve their fitness or learn a new skill. We currently offer classes for youth, senior citizens, and classes for people with Parkinson's disease. Private group sessions are available and are a great option for families, friends, and work groups. We hope to serve other special groups and are open to discussing your needs!