Mixed Martial Arts

Mondays ~~5:30pm until 7:00pm

Kickboxing

Mondays ~~7:00pm until 8:00pm

September 10, 2012

Register Now!!

Surry County Parks & Recreation

For more information,
Please call 757-294-3002.

Cost:

$45.00
(per person)

$75.00
(2 family members)

$90.00
(3 family members)

Instructions will combine the techniques from Karate, Tae Kwon Do Jujitsu, Boxing, Kickboxing, Wrestling and Aikido. Students will receive the benefits of both a traditional mixed martial art as well as the modern sport application. It is a great workout while learning self-defense and a sport at the same time.

Instructor:
Master Barrett Crook
Hall of Fame Instructor
Coach of State & National Champions