

# San Da Fight Club 散打

Monday / Wednesday 6:00 to 7:30 P.M.

Saturday 9:00 to 11:00 A.M.

4401 NW Gore Blvd | 580-678-2665 | [www.lawtonMMA.com](http://www.lawtonMMA.com)



## **Kickboxing**

Chinese kickboxing, or San Shou, is a full-contact fighting sport. San Shou teaches striking (punches, slaps, elbows, etc.), kicking, kick catches, sweeps, takedowns and throws derived from the traditional application of Chinese martial arts. Protective gear such as boxing gloves and shin guards are worn to help prevent serious injuries.

## **Submission Wrestling**

Using techniques from styles such as Brazilian Jiu-Jitsu, Judo, and freestyle wrestling, we train positional dominance, sweeps, escapes, reversals, and submissions such as arm locks, leg locks, body locks, and chokes.

## **Mixed Martial Arts**

Made popular by such professional venues as the Ultimate Fighting Championships (UFC) and Pride Fighting Championships, mixed martial arts (MMA) is a competition format that allows a wide variety of striking, clinching, throwing, wrestling, and submission techniques.