

# SITYODTONG★USA

## PREPARE FOR VICTORY

153 E Gladstone St. #241, Azusa, CA 91702 | (626) 577-7800 | SityodtongLA.com | info@sityodtongla.com

**BASIC TRAINING: \$150 Per Month**  
(2 Classes Per Week | 8 Classes Per Month)

**UNLIMITED TRAINING: \$200 Per Month**

### CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	BOXING FITNESS	WRESTLING	BOXING FITNESS	WRESTLING	BOXING FITNESS	CHAMPION CONDITIONING
9:15am	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	BASIC BRAZILIAN JIU JITSU
10:15am	MUAY THAI	USA BOXING	MUAY THAI (Sparring)	USA BOXING (Sparring)	MUAY THAI	MUAY THAI FITNESS
10:15am						BRAZILIAN JIU JITSU (Fight Training)
11:15am	OPEN GYM	MUAY THAI	MUAY THAI CLINCH & KNEE	MUAY THAI	OPEN GYM	OPEN GYM
12:15pm						MUAY THAI CAMP (Fight Training)
<b>CLOSED DAILY 12:30pm - 4:00pm</b>						
4:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
4:30pm	MUAY THAI FITNESS	MUAY THAI	MUAY THAI FITNESS	MUAY THAI	MUAY THAI FITNESS	
5:30pm	MUAY THAI	CHAMPION CONDITIONING	MUAY THAI	CHAMPION CONDITIONING	MUAY THAI	
5:30pm	BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	
6:30pm	USA BOXING	MUAY THAI	USA BOXING (Sparring)	MUAY THAI	USA BOXING	
6:30pm	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU	OPEN MAT BRAZILIAN JIU JITSU		
7:30pm	MUAY THAI FITNESS	MUAY THAI	MUAY THAI FITNESS	MUAY THAI	WAI KRU (Warrior Dance)	
8:30pm	OPEN GYM	OPEN GYM	OPEN GYM	MUAY THAI (Sparring)		

## CLASS DESCRIPTIONS

### ★ FITNESS TRAINING ★

#### MUAY THAI FITNESS

#### BOXING FITNESS

The **MUAY THAI FITNESS** and **USA BOXING FITNESS** workouts prove that, "You don't have to get hit, to get hit." These cardio-based classes focus on the fitness and conditioning attributes of the sport. The workout combines skipping rope, basic technique, conditioning drills, calisthenics, plyometrics, bodyweight exercises and resistance training. Contact is limited to equipment training only such as; Thai pad and focus mitt and heavy bag. These tough-love workouts are fun, safe, challenging and burn an insane amount of calories. Training accommodates all levels and beginners are welcome.

Muay Thai Fitness Dress Code: Appropriate Exercise Attire (no bootie shorts)

Equipment: Hand Wraps, Bag or Boxing Gloves

USA BOXING Fitness Dress Code: Appropriate Exercise Attire, USA BOXING Shoes (optional)

#### CHAMPION CONDITIONING

**CHAMPION CONDITIONING** will help attain specific fitness goals whether it's losing the excess weight, getting in better shape, competing in an athletic event or training for a Championship title. The emphasis of this class is on "functional" strength and "explosive" training to improve one's fitness level and athletic performance. The workout is circuit training and includes plyometrics, kettle bells, battling ropes, agility ladder, bodyweight exercises and much more. All is welcome.

Champion Conditioning Dress Code: Appropriate Exercise Attire (no bootie shorts)

Equipment: Weight Lifting Gloves (optional)

**All Uniform and Equipment Requirements are Strictly Enforced.**

### ★ TECHNICAL CLASSES ★

#### MUAY THAI

#### MUAY THAI FIGHT CAMP

#### WAI KRU

The **MUAY THAI** class covers the basic elements of Authentic Muay Thai (an ancient martial art, the national sport of Thailand and a major component in Mixed Martial Arts training) in a safe and controlled environment. Students learn the science of eight limbs; to punch, elbow, knee and kick. Training includes skipping rope, conditioning drills, body weight exercises, shadow boxing, offensive and defensive techniques, Thai pad work and/or heavy bag work, clinching and kneeing and core strengthening. For Sparring see schedule for class times. All skill and fitness levels are welcome.

Muay Thai Uniform Requirement: Muay Thai Shorts

Equipment: Hand Wraps, Bag or Boxing Gloves

**MUAY THAI FIGHT CAMP** is not open to beginners and restricted to fighters (amateur & pro) or students that are ranked. The training is run like the legendary Sityodtong Camp in Thailand. Students are expected to keep busy with skipping rope or shadow boxing or working on the heavy bags. Training includes pad work, clinch and kneeing and sparring.

Muay Thai Camp Uniform Requirement: Muay Thai Shorts

Equipment: Muay Thai Shorts and Sparring Gear

**WAI KRU**, translated means "Respect to Teacher". It is a ceremonial warrior dance performed prior to a bout. The class teaches several different Wai Kru's including "Phom See Na" and "Chang Chu Uang" which is specific to Sityodtong Thailand, variations will be given to suit a student's skill level. Learning and performing the Wai Kru is required for all Team Sityodtong LA fighters.

Wai Kru Uniform Requirement: Muay Thai Shorts

#### USA BOXING

The **BOXING** class is not a fitness class; it's real BOXING taught by an experienced fighter. Students learn footwork, the various punching combinations, body mechanics, offensive and defensive maneuvers and ring strategies. The training includes skipping rope, calisthenics, conditioning drills, shadow boxing, heavy bag work and focus mitt drills. Sparring is encouraged, but not recommended for beginners.

Boxing Uniform Requirement: Boxing or Muay Thai Shorts, Boxing Shoes (optional)

Equipment: Hand Wraps, Bag Gloves, Boxing Gloves, Mouthpiece, Head Gear and Athletic Cup and Supporter

#### BRAZILIAN JIU JITSU

The benefit of **BRAZILIAN JIU JITSU** is the ability to fight on the ground utilizing submissions such as various chokes and joint locks. Training is from beginners (Basic BJJ) through competition training (Sport Jiu Jitsu and MMA). The BJJ Program is recognized by the IBJJF (International Brazilian Jiu Jitsu Federation) and is run by an experienced Black Belt and World Class Brazilian Jiu Jitsu Competitors.

Brazilian Jiu Jitsu Uniform Requirement: Brazilian Jiu Jitsu Gi (unless no gi training is specified).