

- Nikidokai -
 -Karate - Jiu-Jitsu - Grappling -
 - MMA-Kickboxing - Fitness
 - Self-Defenses - Bully Prevention



623-282-1140
 15332 W. Bell Rd. #112
 Surprise, Az. 85374
 2knucklesports.com

Ask about Private Lessons and 24/7 Access

MMA ACADEMY

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Kohai 4-6yrs	Kickboxing 530pm-6pm		Self-Defense 530pm-6pm		PRIVATE LESSONS	PRIVATE LESSONS
Jr. Kohai 7-12yrs	No Gi Grappling 6-6:45pm ----- * Jiu-Jitsu 6-7pm ----- Starter Course 6-6:30pm (1 st Stripe)	All Ranks 6-6:45pm K.B. ----- Starter Course 6-6:30pm (1 st Stripe)	Gi Grappling 6-6:45pm ----- *Jiu-Jitsu 6-7pm ----- Starter Course 6-6:30pm (1 st Stripe)	Beginners 6-6:45pm (Tradition) ----- Starter Course 6-6:30pm. (1 st Stripe) ----- Adv.7-7:45 (Tradition)	PRIVATE LESSONS	
B.B.C Black Belt Club 7-12yr	* Jiu-Jitsu 6-7pm		*Jiu-Jitsu 6-7pm		EXTREME 5-6:30pm	PRIVATE LESSONS
Adults/ Teens NCS Ranking	Kick Box Fit 9-9:50am. ----- Kick Box Fit 6-6:50pm ----- Jiu-Jitsu 7-8pm (No Gi)	Kick Box Fit 6-6:50pm ----- NCS Self- Defense 7-7:50pm.	Kick Box Fit 9-9:50am ----- Boxing Fit 6-6:50pm ----- Jiu-Jitsu 7-8pm (Gi)	Kick Box Fit 6-6:50pm. ----- Kobudo Sport Karate 7-7:50pm	Kick Box Fit 9-9:50am ----- Kick Box Fit 6-6:50pm. -----	BOX - K.B. Sparring (Must be w/2KS for 6 months) 10-11am
					PRIVATE LESSONS	PRIVATE LESSONS

* Kobudo (Weapons): White Belts with 1st. stripe Nunchaukus , Adv. Ranking Bo Staff and Swords (Shinai, Noodles, Boken.

We offer Get-Fit Challenge and MMA 6 WEEK Boot Camp, several times a year.

- 2KNUCKLESPORTS MMA ACADEMY'S POLICY -

- If your interested in helping in your kids classes please sign up for Senpai Parents Program.
- GRAPPLING/JIU-JITSU (Must be with 2KS for 2months before rolling).
- PROPER GEAR IS REQUIRED FOR ALL CLASSES. [SEP]
- PROPER UNIFORMS MUST BE WORN IN CLASS. [SEP]
- ALL SPARRING GEAR MUST BE PURCHASED THROUGH THE ACADEMY. [SEP]
- NO COACHING, PLEASE KEEP A REASONABLE VOICE WHILE CLASSES ARE IN SESSION. [SEP]
- NO GUM, NO JEWELRY, NO SHOES ON THE MAT OR DURING CLASSES. [SEP]
- KIDS KOHAI'S MUST PRACTICE WITH SENPAI PARENTS @ HOME & SHOW PROPER RESPECT. [SEP]
- KOHAIS & PARENTS MUST BE COURTIOS & RESPECTFUL TO EACH OTHER ON & OFF THE DOJO. [SEP]
- *6 WEEKS FITNESS CHALLENGE & MMA BOOT CAMP, W/ MEAL PLAN, EXTRA COST. SEE FRONT DESK FOR DETAILS. [SEP]



BLACK BELT LIFE STYLE



WEST VALLEY JIU-JITSU



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