

**- 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*

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lil Kohai</b> 4-6yrs	Kickboxing 5:30pm-6pm		Self-Defense 5:30pm-6pm		PRIVATE LESSONS	PRIVATE LESSONS
<b>Jr. Kohai</b> 7-12yrs	Grappling 6-6:45pm ----- Starter Course 6-6:30pm (1 <sup>st</sup> Stripe)	KB/S.D. 6-6:45pm ----- Starter Course 6-6:30pm (1 <sup>st</sup> Stripe)	Grappling 6-6:45pm ----- Starter Course 6-6:30pm (1 <sup>st</sup> Stripe)	6-6:45pm KB/S.D. (White-Yellow) ----- Starter Course 6-6:30pm. (1 <sup>st</sup> Stripe) ----- Adv.7-7:45 K.B./SPORTS/S.D.	PRIVATE LESSONS	PRIVATE LESSONS
<b>** (B.B.C)</b> <b>Accelerated</b> 7-13yr.	* Jiu-Jitsu 6-7pm		*Jiu-Jitsu 6-7pm		EXTREME 5-6:30pm	PRIVATE LESSONS
<b>Teens/ Adults</b> <b>13-up</b> <b>-Nikidokai</b> <b>Combat</b> <b>Sports-</b>	Kick Box Fit 9-9:50am. ----- Kick Box Fit 5-5:50pm. ----- Kick Box Fit 6-6:50pm ----- Jiu-Jitsu 7-7:50pm (No Gi)	Kick Box Fit 5-5:50pm. ----- Kick Box Fit 6-6:50pm ----- Instructors 7-7:50pm. *invites only.	Kick Box Fit 9-9:50am ----- Kick Box Fit 5-5:50pm. ----- Boxing Fit 6-6:50pm ----- Jiu-Jitsu 7-7:50 (Gi)	Wrestling 5-5:50pm. ----- Kick Box/MMA Fit 6-6:50pm. ----- NCS Self- Defense 7-7:50pm	Kick Box Fit 9-9:50am ----- *Fighters Sparring 5-5:45pm. invite only ----- Kick Box Fit 6-6:50pm.	BOX – K.B. Sparring (Must be w/2KS for 6 months) 10-11am

**\*We offer 6 WEEK Fitness Challenge w/ a Fitness coach, meal plan & accountability, Extra cost.**

**\*Black Belt Club/Accelerate Program (BBC) : This is a upgrade program, please see front desk for details.**

**- 2KNUCKLESPORTS MMA & FITNESS ACADEMY'S POLICY -**

- Facebook to follow> 2KnuckleSports, Nikidokai Federation, On Nikidokai Federation please click on the "Pin Notes" and download the Welcome Package. Please check into your FB before class starts.
- FREE Drills and Warm ups to use on your classes on Nikidokai.com Go to Nikidokai Basics and click on any drills, password 2KSBASICS.
- Join Nikidokai University and have FULL access for your next belt testing, to get the extra edge on your Martial Arts and Fitness Goals. Reg. cost \$65 a month, active students \$35 a month. Discount code "2KSMEMBERS".
- Private lessons available. (See front Desk for details)
- Proper gear is required for all Classes.
- Proper Uniforms must be worn in class.
- ALL Sparring gear must be purchased through the Academy.
- No coaching, Please keep a reasonable voice while classes are in session.
- No Gum, No Jewelry, No shoes on the Dojo Mat or during classes.
- Kids Kohais must practice with their parents @ home, do their chores and show proper respect.
- Kohais & parents must be Courteous & Respectful to each other on and off the Dojo floor.



**BLACK BELT LIFE STYLE**



**NIKIDOKAI UNIVERSITY**



**WEST VALLEY JIU-JITSU**



**Please follow and leave a 5Star Review**

