

# SITYODTONG★USA

## PREPARE FOR VICTORY

Sityodtong, USA (Los Angeles Branch) | 260 Taylor St., Monrovia, CA 91016  
 SityodtongLA.com | info@sityodtongla.com | (626) 577-7800

**BASIC TRAINING: \$225 Per Month**  
 (2 Classes Per Week | 8 Classes Per Month)

**UNLIMITED TRAINING: \$275 Per Month**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15am		MUAY THAI FITNESS		MUAY THAI FITNESS		
		OPEN GYM		OPEN GYM		
9:15am	BOXING FITNESS	MUAY THAI	BOXING FITNESS	MUAY THAI	BOXING FITNESS	TACTICAL SELF DEFENSE
10:15am	MUAY THAI	USA BOXING	MUAY THAI (Sparring)	USA BOXING (Sparring)	MUAY THAI	MUAY THAI FITNESS
10:15am						WRESTLING (Start Date 6/24)
11:15am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	KIDS MUAY THAI Fight CAMP
11:15am						YOGA STRETCH
12:15pm						MUAY THAI FIGHT CAMP
2:15pm	<b>CLOSED DAILY (MONDAY thru FRIDAY) 1:00pm - 3:30pm</b>					YOGA STRETCH
3:30pm	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	COMBAT CONDITIONING	MUAY THAI	COMBAT CONDITIONING	MUAY THAI	
6:30pm	USA BOXING	MUAY THAI	USA BOXING (Sparring)	MUAY THAI	USA BOXING	
	BRAZILIAN JIU JITSU (w/ Gi)	BRAZILIAN JIU JITSU (No Gi)	BRAZILIAN JIU JITSU (w/ Gi)	BRAZILIAN JIU JITSU (No Gi)	OPEN GYM	
7:30pm	MUAY THAI FITNESS	MUAY THAI DRILLS 4 SKILLS	MUAY THAI FITNESS	MUAY THAI DRILLS 4 SKILLS	OPEN GYM	
8:30pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		

Equipment and Uniform Requirement is strictly enforced. First timers are not required to wear Muay Thai shorts during their Intro Trial, but must have boxing gloves and hand wraps.

## FITNESS TRAINING

**“You don’t have to be a Fighter to train like one.”**

**Combat Conditioning** will help you achieve specific fitness goals whether it’s losing the excess weight and inches; getting into better shape or competing in an athletic event. The emphasis of this class is on “cardio” training to improve your overall fitness level and athletic performance. The workout includes circuit training, obstacle courses, plyometrics, light weight dumbbells, agility drills, bodyweight exercises and much more. All levels of fitness is welcome.

**Muay Thai Fitness** this cardio-based workout focuses on the fitness and conditioning aspect of Muay Thai. The non-stop training combines conditioning drills, calisthenics, light weight dumbbells and teaches the fundamentals of Muay Thai. Contact is on equipment only (Thai pads/heavy bags/kicking shields). The class is fun, safe and challenging and will get you fit and feeling fierce.

**Boxing Fitness** is also a cardio-based class that focuses on the fitness and conditioning aspect of the sport of Boxing. The workout includes skipping rope, medicine ball drills, footwork, body mechanics, basic Boxing combos and more. There’s no sparring and contact is exclusively on focus mitts and heavy bags. This fast pace workout will have you, bobbin’ and weavin’ to a leaner and stronger you.

## TECHNICAL AND FIGHT TRAINING

**“The way you Train is the way you will Fight, so get it right.”**

**Muay Thai** is an ancient Martial Art and the national sport of Thailand. It is known as the science of “8” limbs because the art consist of punches, elbows, knees and kicks. The Muay Thai class is taught in a safe and controlled environment. Training includes skipping rope, calisthenics, plyometrics, body weight exercises, shadow boxing, offensive and defensive techniques, Thai pad work and/or heavy bag work, clinching and kneeing and core strengthening.

**Drills 4 Skills** is open to all levels and focuses on combinations while emphasizing proper technique and application. For intermediate and advanced students it will up your game and for beginners, the class is a great introduction to sparring.

**Muay Thai Fight Camp** is not open to beginners. The two-hour training session is run like the legendary Sityodtong Camp in Thailand. Students are expected to keep busy (skip rope, shadow box and work on the heavy bags). Training includes pad work, clinch and kneeing and sparring. Muay Thai Fight Camp consists of amateur and pro fighters and is a must for those interested in training for competition.

**USA Boxing** is real Boxing taught by an experienced fighter/trainer. Students learn various punching combinations, offensive and defensive maneuvers and ring strategies. The training includes skipping rope, calisthenics, conditioning drills, shadow boxing, footwork, body mechanics, heavy bag work, focus mitt drills and sparring. Sparring is encouraged but not required.

**Brazilian Jiu Jitsu** also known as BJJ was founded and developed by the famous Gracie family in Brazil. The strength of Brazilian Jiu Jitsu is the ability to take a fight to the ground and dominate that range of combat by utilizing submissions such as various chokes and joint manipulations including arm and ankle locks. Along with Muay Thai and Boxing, Brazilian Jiu Jitsu is a vital element of MMA.

**Tactical Self Defense** improves a student’s reaction time and mental focus in a street altercation. In reality, the best self defense “class” is not a “self defense class”, it’s training in the arts of Muay Thai, Boxing and Brazilian Jiu Jitsu, because similar to MMA, surviving a possible street fight is the ability to incapacitate the opponent or opponents. The Tactical Self Defense class also teaches weapons disarms; hand guns, edged weapons and implements including disarming an attacker with a baseball bat.