

SITYODTONG KID STRONG

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

TINY TIGERS
Age 3

MIGHTY TIGERS
Ages 4 - 6 yrs.

STINGRAYS
Ages 7 - 9 yrs.

EAGLES
Ages 10 - 13 yrs.

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

UNLIMITED TRAINING: \$275 Per Month

KIDS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:15						STINGRAYS & EAGLES (7 - 13 yrs.) KIDS FIGHT CAMP

All Uniform and Equipment Requirements are Strictly Enforced (see back)

4:00		*TINY TIGERS (3 yrs. *TBA) KINDER KICK BOX		*TINY TIGERS (3 yrs. *TBA) KINDER KICK BOX		
4:30		MIGHTY TIGERS (4 - 6 yrs.) MUAY THAI		MIGHTY TIGERS (4 - 6 yrs.) MUAY THAI		
5:30		STINGRAYS (7 - 9 yrs.) MUAY THAI		STINGRAYS (7 - 9 yrs.) MUAY THAI		
6:30	EAGLES (10 - 13 yrs.) MUAY THAI	EAGLES (10 - 13 yrs.) MUAY THAI	EAGLES (10 - 13 yrs.) BOXING	EAGLES (10 - 13 yrs.) MUAY THAI		

CLASS DESCRIPTIONS

☐ **KINDER KICK BOX** (TINY TIGERS, Age 3)

This class incorporates k Box incorporates Martial Arts fundamentals while improving physical development and positive social interaction. Training improves motor and listening skills to maximize their learning and growth potential. Innovative drills keep students engaged and teach them that learning can be fun. Kinder Kick Box is not currently on the schedule.

Uniform Requirement: Muay Thai Shorts, Sityodtong Kids Training Shirt

Equipment: Boxing Gloves

☐ **MUAY THAI** (MIGHTY TIGERS, Ages 4 - 6 | STINGRAYS, Ages 7 - 9 | EAGLES, Ages 10 - 13)

This class incorporates the basics of Muay Thai (an ancient martial art and the national sport of Thailand). Muay Thai is the only Martial Art that is entwined with the Thai Culture. Some of the training is cultural, but non-religious. The class is taught in a fun, safe and controlled environment. The students learn to punch, elbow, knee and kick. Training includes skipping rope, calisthenics, shadow boxing, techniques and counters, Thai pad drills, heavy bag work, clinching and kneeing and core strengthening.

Uniform Requirement: Muay Thai Shorts, Sityodtong Kids Training Shirt

Equipment: Hand Wraps, Boxing Gloves, Shin Pads, Headgear

- ### ☐ **BOXING** (EAGLES, Ages 10 - 13) The Boxing class teaches various punching combinations, offensive and defensive maneuvers and ring strategies. The training includes skipping rope, calisthenics, conditioning drills, shadow boxing, footwork, body mechanics, bag work and focus mitt drills.

Uniform Requirement: Muay Thai Shorts, Sityodtong Kids Training Shirt

Equipment: Hand Wraps, Boxing Gloves, Headgear

☐ **KIDS FIGHT CAMP** (STINGRAYS, Ages 7 - 9 | EAGLES, Ages 10 - 13)

The training is designed to gets Kids ready to compete. Taught by the Head Coach, Kru Walter Michalowski, on the main floor of Sityodtong. The class includes conditioning drills, Thai pad work and sparring. Fight Camp is challenging yet fun and develops physical and mental toughness.

Uniform Requirement: Muay Thai Shorts, Sityodtong Kids Training Shirt

Equipment: Full Sparring Gear (Boxing gloves, hand wraps, shin guards, head gear, mouth piece and athletic cup and support (boys).

HOW TO BULLY PROOF YOUR CHILD

An actual "Self Defense" class is not taught. Instead, the tools of effective self defense are incorporated in the classes. The training improves focus, discipline and awareness, while developing physical strength and mental toughness. Confidence is the key . . . and we can help. Confidence can not be bought, it can only be EARNED by doing the work, learning from your mistakes and then stepping up to challenges. A motto recited in class is "Winners Never Quit and Quitters Never Win."