

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	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.) MUAY THAI	EAGLES (10 - 13 yrs.) MUAY THAI		

CLASS DESCRIPTIONS

KINDER KICK BOX (TINY TIGERS, Age 3)

Kinder Kick 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.

Uniform Requirement: Muay Thai Shorts, Sityodtong Kids Training Shirt

Equipment: Boxing Gloves

KIDS FIGHT FIT (TIGERS, Ages 4 - 6)

A tough love class (kid's version) modeled after the TV Show, June Castro's Fight Fit Boot Camp on the El Rey Network (streamed on Roku). The training includes calisthenics, plyometrics, obstacle course and combat sports inspired training drills.

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) 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

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

The training is designed to get 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

A Self Defense class is not taught, instead, the tools of self defense are incorporated in the classes. The training improves focus, discipline and awareness, while building Confidence. Confidence can not be bought, borrowed or faked . . . 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."