

Call Today To Schedule A Free Orientation!

239-628-3529



All of Our Programs (Except “Summer Camp” and “After School”) - Qualify for Our 30 Day FREE Trial!

Our Courses Are As Follows...

Beginner Adult Martial Arts Classes Brazilian Jiu Jitsu:

A fundamental and introductory course to the “gentle art” to build great foundations in the art of Brazilian Jiu Jitsu and get your body in great condition to take the next steps in your training.

You will feel very comfortable in handling all types of confrontation in close quarters and that lead to the ground.

We will study **leverage**, **momentum** and the **physics of the body** to deal with bigger opponents who rely on brute strength.

Muay Thai Kickboxing:

A fundamental and introductory course to the “The Art/Science of Eight Limbs.”

You will learn the basics of using your fists, legs, forearms, elbows and knees to help you defend yourself in all standup confrontations.

This training will help you to develop **amazing athletic ability**.

No-Gi Grappling:

Introductory class to Brazilian Jiu Jitsu class *without* the Gi/Uniform.

The uniform is an important training tool to master the art and this class will teach you to not feel dependent on it for self defense.

It will teach you how to make adjustments to compensate for the lack of grips that are not available in the no-gi grappling training.

Women Only BJJ Classes:

This class is designed for the ladies to get an edge on their training with the individualized attention of Coach Katy Torralbas.

Coach Katy started her BJJ journey with no athletic background and lost a lot of weight shortly after she started.

Now she wants to share her path to **help other women to be in the best shape of their lives** - regardless of where they are in life.

As mother, Coach Katy empathizes with the struggles and insecurities women feel in our fast-paced society - and works to overcome them with **empowerment-training**.

30+ BJJ Drill and Flow Class:

We designed this class for professionals, parents, and maturing practitioners.

This group gets together to enjoy learning, sharing and collaborating in this class to help other teammates, while having a chance to socialize with a great group of people.



***Advanced Adult Martial Arts Classes and Combat Gold/Mastery Program ***

Advanced Brazilian Jiu Jitsu:

In this class we take a big dive into the rabbit's hole to see where it leads us.

Brazilian Jiu Jitsu is a world of information that has to be trained in very meticulous ways.

Master Roberto will guide you to this journey so that you can start grappling more efficiently, longer, and more effectively ... and eventually reach your black belt.

Advanced Wrestling:

Wrestling is an important part of grappling. If you are a master of ground fighting you must have ways of bringing the fight to your realm. Otherwise you are a fish out of water.

If you're a master of striking you must know how to stop takedowns as well.

We focus mostly on all Wrestling techniques that translate well into the Mixed Martial Arts world.

Advanced No Gi Grappling:

We will combine the best of wrestling with the best of BJJ in a very fast paced course. You will learn lots of strategy and specialized techniques to use when the Gi is not present.

Intermediate Muay Thai Light Sparring Classes:

You will learn to implement the techniques learned in your beginner classes during light sparring with one of the coaches as they walk you through the ropes.

Great workout and great way to introduce yourself to combat in a **super safe** manner.

*** Beginner Kids Martial Arts Classes ***



Tiny Ninjas (ages 4-6):

This is the best age to **give your child a head start in life.**

We will start working on your child's athletic ability, as well as their ability to focus and be disciplined in a group environment.

Kids get to grapple one another, do many exciting obstacle courses and play skill development games to make the learning super fun. We also prepare them for kindergarten and beyond with our mat chats.

Little Ninjas (ages 7-10):

An introductory course in Brazilian Jiu Jitsu and martial arts for kids.

Striking is also taught.

Kids will develop an even greater foundation in their athletics, and they will start learning about competing with their peers, and the importance of paying attention to techniques that will help them in live grappling situations.

We go over **Life Skills, School Safe/Street Safe skills, Manners, How to deal with Bullies, Character Development** and much more.

Juniors and Teens (ages 11- 17):

A fast-paced class to help pre-teens and teens get ready for high school and adulthood.

Conversations take a more mature tone, training is more rigorous and demanding. **Kids are expected to act like young adults.**

Training hours are longer and classes occur more often during the week to keep these group busy during some of the most challenging years of development.



Advanced Kids Martial Arts Classes

Black Belt Club / Intermediate (ages 7-10):

This is the next step after Little Ninjas for kids to introduce themselves to more **rigorous training** and more mature training environment where a lack of focus and discipline is not tolerated.

In this class we get to see little kids blossom into amazing athletes and see their understanding of our martial arts develop an exponential growth.

Masters Club / Advanced (ages 8-12):

Nothing is more beautiful to see that young minds perfecting a craft. In this class the kids have taken their skill to very high levels and is very obvious that they will one day will be high-ranked black belts on the world scene.

More importantly, they will have learned to carry the discipline they have learned in their training to **their future careers or business endeavors**. We practice a lot in mental training to keep their minds strong with positive affirmations.

Grappling is intense and joyful at the same time. They all understand that just like iron sharpens iron **each teammate sharpens each other!**

Travel Team (Invitation Only):

Our travel team is a merit-based system where we allow the best students to **travel and compete** all over the state and even the nation.

These kids have honed their skillsets and understand the importance of commitment, priorities, responsibility, sacrifice, hard work and effort -- all at a very young age.

Their school grades show this and so does their ability on the mats.

* After School *



Go Getter After School Academy:

A program designed by Master Roberto and his wife Coach Kay, two **Cornell University Graduates**, to help the families of Collier County have access to methods, systems and proven practices that will help children excel in academics.

We pick up at 8 different schools in Naples, FL and we have drop off services as well.

* Camps *

Discover Naples' Best Summer Camp

An experience that could make all the difference!



Summer Camp:

Our summer camp promises over-the-top fun for kids, plus the peace of mind for parents that their child is being challenged and using their summer vacation productively in a safe, filtered and super-fun environment.

Our summer campers do martial arts classes in **Brazilian Jiu Jitsu, Wrestling, Judo, Muay Thai and Boxing**, practice sports including **soccer, football, basketball, baseball and more**, go on super exciting **field trips** all over Naples, and, have so much fun they don't ever want to go home.

Our kids spend their time socializing and interacting while participating in super fun activities including: lazer tag, nerf gun battles, dodgeball, inflatable Hulk Slide races, inflatable obstacle course races, gaga ball, Legos, Playmobile, dunk tanks, rock-wall climbing and so much more.

No electronic games or iPads are allowed, just good old fashioned fun.

Plus, every day they spend 30 minutes of time working on academics to prepare them for the coming school year. Every Friday we host a special Friday Fun Day with Carnival treats including Cotton Candy, Snow Cones, Popcorn and more.

It's non-stop productive fun and play every day Monday through Friday from 7:30 am to 5:30 pm.

Winter Camp, Thanksgiving Camp, Spring Break Camp:

We know how hard it is for parents to find people who they trust with their kids, and as members of this wonderful community we are **dedicated to be here for you when you need us the most**.

We are open for most holidays with day camps and the same level of fun is to be expected as in our over-the-top summer camp program.

**Please reach out to us if you have any questions at
239-628-3529 – or call us to get started with your FREE orientation!**