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ADVANCED TRAINING GUIDELINES

Advanced classes are designed for members who have mastered the foundational mechanics of striking or grappling and are ready for higher-intensity drills and sparring, more complicated strategies and techniques, and an overall faster learning pace.

To ensure the safety and quality of training for everyone in the room, members must meet the criteria below before attending any advanced class.

ADVANCED BJJ CLASSES

Students must be a Green Belt or higher to attend. A Green Belt is typically earned after 1-2 years of consistent training. A Green Belt is awarded at a head coach's discretion.

ADVANCED KICKBOXING CLASSES

1. Experience & Technical Foundation

- **Active Training:** A minimum of **1 year** of consistent Kickboxing / Muay Thai training (or equivalent experience evaluated by a coach).
- **Core Competency:** Sound understanding of fundamental stances, footwork, strikes, defense, and combinations.

2. Required Equipment

To participate in advanced drills and live sparring, you must have your own gear:

- Mouthguard
- Hand Wraps
- 14 or 16 oz Gloves
- Shin Guards
- Headgear

3. Coach Approval

- **Assessment:** Approval from Coach Manuel or Coach Peter is required prior to your first class. Speak with an instructor after any open/fundamentals class for a quick evaluation.
- **Control & Partner Safety:** Advanced classes require high emotional control, light-to-moderate contact discipline, and strict adherence to gym sparring etiquette.

4. Technical Skill Requirements

Offense & Mechanics

- **Clean Stance & Footwork:** Ability to maintain balance, balance recovery, and proper hand placement while advancing, retreating, and pivoting.
- **Basic Punch Combinations:** Fluid execution of fundamental combinations (e.g., Jab-Cross, Jab-Cross-Hook, Cross-Hook-Cross) without flaring elbows or dropping the non-striking hand.
- **Kick Mechanics:** Proper chambering, hip rotation, distance management, and recovery for **roundhouse kicks, side kicks, and front kicks.**
- **Combination Flow:** Ability to fluidly blend hands and feet together (e.g., Punch → Kick or Kick → Punch) rather than throwing single isolated strikes.

Defense & Distance Control

- **Guard Discipline:** Keeping hands high and elbows tucked under pressure; no turning away, ducking head blindly, or closing eyes when strikes come in.
- **Basic Deflections & Blocks:** Cleanly checking leg kicks, parrying jabs, shell-blocking high strikes, and absorbing moderate to heavy body shots.
- **Head Movement:** Basic slips, rolls, and distance management to slip off the centerline.

Contact Control & Conditioning

- **Rate of Force Development Control:** Demonstrated ability to throw strikes with precision and light-to-medium touch (20%–30% power) during partner drills without losing control or escalating intensity.
- **Cardio Baseline:** Capability to complete 3 five-minute continuous technical rounds without severe fatigue causing form breakdown.