

Solid Rock MMA

Solid Rock MMA is committed to providing a quality training environment for the Mixed Martial Arts, Kickboxing and Submission Grappling practitioner.

We combine the best of traditional and modern martial arts instruction, coupled with great physical conditioning, cardio and strength training.

Solid Rock MMA believes an MMA fighter can also be a man or woman of integrity, and creates a family-friendly atmosphere where the attention is on training true champions, both for the ring and in life.

We have experienced instructors, plus a network of MMA schools to provide an ongoing forum for competition and MMA training.

Come train with us, and become a part of the growing world of MMA at Solid Rock.

We fight the good fight, everyday!

Class Schedule

Effective 05/01/10

Monday	7:00 to 8:00 PM Jujitsu
Wednesday	7:00 - 8:00 PM No-Gi Grappling 8:00PM - 9:00 PM Kickboxing
Thursday	8:00 - 9:00 PM JuJitsu
Friday	7:00 - 8:00 PM Kickboxing 8:00 - 9:00 PM No-Gi Grappling
Saturday	10:00 - 11:30 PM Fight Team Training
Open Mat Time	Friday - 9:00 PM Saturday - 11:30AM

**I can do everything through Christ,
who give me strength!**

Philippians 4:13 NLT

Solid Rock MMA

212 West Main Street
Russellville AR

Phone: 479-890-6988

Fax: 479-967-9898

SolidRockMMA@imga.com



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www.SolidRockMMA.com

Fighting the Good Fight!

Mixed Martial Arts (MMA)



Combining the best of Karate, Ju-Jitsu, Muay Thai, Grappling and Modern Martial Arts, MMA has rapidly become the fastest growing full contact sport in the world.

The origins of MMA can be found in many varied cultures, as each people group tended to develop their own form of fighting. Okinawa (the birthplace of Karate) initially developed a grappling art, and later added strikes and punches to create modern Karate.

Mixed Martial Arts (MMA) is a constantly evolving sport, and one that focuses on full body conditioning, stamina and endurance. Competitors must learn both stand-up and ground fighting techniques and hone these skills through repetitive practice in order to become an effective MMA fighter.

Kickboxing

Another popular sport, among both men and women, is the sport of full-contact kickboxing. A hybrid blend of traditional boxing, coupled with martial arts kicking, full-contact kickboxing has rapidly grown to become a very competitive sport among teen and adult women.



In addition to providing a great full-body workout, many women find kickboxing to be an excellent way to train for self-defense as well as for competitive venues both in the ring or the octagon.

Submission Grappling

Blending the elements of Ju-Jitsu, Greco-Roman Wrestling and other ground fighting systems, submission grappling provides a venue for many wrestlers and other grappling arts practitioners to hone their ground fighting skills in a sporting competition.

Unlike MMA or kickboxing, there are NO strikes in submission grappling...only pins, locks or immobilizations. Competitors seek to gain a strategic advantage over their opponent in order to gain a submission.

Combative JuJitsu

Combining ground fighting, joint locks, joint manipulations, throws and sweeps with strikes and kicks, the art of Combative JuJitsu brings a whole new element into the world of ground fighting.

Combative JuJitsu has not only served to enhance the training of MMA and grappling practitioners, the elements of this program have found their way into law enforcement D/T training, as well as into self-defense training for both men and women.

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