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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9 AM Gi Brazilian Jiu-Jitsu Fundamentals	8-9 AM No Gi BJJ	8-9 AM Gi Brazilian Jiu-Jitsu Fundamentals	8-9 AM No Gi BJJ	8-9 AM Gi Brazilian Jiu-Jitsu Fundamentals	10-11 Gi Brazilian Jiu-Jitsu Fundamentals
9-10 AM Kickboxing/ Muay Thai	9-10 AM Kickboxing/Mu ay Thai	9-10 AM Kickboxing/ Muay Thai	9-10 AM Kickboxing/Mu ay Thai	9-10 AM Kickboxing/ Muay Thai	11-12 No Gi BJJ Technique
10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	12-3 PM Black Belt Club
12-1PM Executive Power Hour	12-1PM Executive Power Hour	12-1PM Executive Power Hour	12-1PM Executive Power Hour	12-1PM Executive Power Hour	
1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	
4:15 -5 PM Kids MMA (ages 6-9)	4:15 -5 PM Youth MMA (ages 10-14)	4:15 -5 PM Kids BJJ (ages 6-9)	4:15 -5 PM Youth BJJ (ages 10-14)		
5-6 PM Ladies Kickboxing	5-6 PM Instructor Training	5-6 PM Ladies Kickboxing	5-6 PM Instructor Training	5-6 PM Ladies Kickboxing	
6-7 PM Muay Thai/ Thai Pads	6-7 PM Gi BJJ White – Purple	6-7 PM Muay Thai/ Thai Pads	6-7 PM Gi BJJ White – Purple	6-7 PM Muay Thai/ Thai Pads	
7-8 PM Muay Thai/ MMA	7-8 PM No Gi BJJ Technique White - Purple	7-8 PM Muay Thai/ MMA	7-8 PM No Gi BJJ Technique White - Purple	7-8 PM Muay Thai/ MMA	
8-9 PM MMA Sparring w/ Takedowns	8-9:30 PM Live Roll	8-9 PM MMA Sparring- Hard	8-9:30 PM Live Roll	8-9 PM MMA Sparring- Light	



Class Descriptions:

1. **Gi Brazilian Jiu-Jitsu:** Jiu-Jitsu is descended from the ancient Japanese Samurais and is the mother of all martial arts. Made popular in the United States by Brazilian native, Royce Gracie when he appeared on the Ultimate Fighting Championship. The Brazilian's modified this grappling art so that the techniques rely on leverage; regardless of strength, speed or stature. Traditionally, this art is practiced in a full Gi. In order to improve your game you need technique, theory and principles that will unleash your ability and allow you to make steady progress.

Attire for GI BJJ

Gi (instructor approved uniform), mouthpiece. Trimmed and clean fingernails and toenails. Always bring a large towel.

2. **No Gi Brazilian Jiu-Jitsu:** A higher paced form of BJJ without a Gi. Focuses on submissions without the use of strikes while training allows practitioners to practice at full speed and with full power, resembling the effort used in a real competition. Physical conditioning is also an important part of training

Attire for No GI BJJ

Rash guard or team t-shirt, shorts, mouthpiece, cup. Trimmed and clean fingernails and toenails.

3. **Kickboxing/Muay Thai:** Muay Thai is the best and most effective form of standing martial arts. A form of kickboxing originating from Thailand. Unlike traditional kickboxing, Muay Thai allows low kicks, elbows, and knees and is considered among the most elite striking arts.

Attire for Kickboxing/Muay Thai

Team t-shirt, shorts, handwraps, mouthpiece and 16oz gloves.

4. **Executive Power Hour:** An hour of intensive training in which MMA concepts are applied for your everyday person who is looking to get in shape and have a good time while learning mixed martial arts. Some items may include: kickboxing, cardio conditioning, and no gi Brazilian jiu-jitsu.

Attire for Executive Power Hour

Team t-shirt, shorts, handwraps, and 16oz. gloves.

5. **Kids and Youth MMA/BJJ:** Jiu-Jitsu is the most successful art for defending oneself from bigger and stronger opponents. In nature the smaller animal will always belly up, exposing its vulnerable side of his attacker. Jiu-Jitsu's strongest position comes from this very position known as the guard. Students

learn a variety of techniques that empower them to defend themselves honorably. A uniform is required for every class.

Attire for Kids and Youth MMA/BJJ

Gi uniform, and boxing gloves on MMA days.

6. **Ladies Kickboxing:** This class is high energy, explosive, exciting and motivating. It is a full body workout with the explosive techniques of kickboxing set to music. Every workout is different, never intimidating and always focused. Classes are for everyone, whether you are just beginning your quest for fitness or you're in shape looking for a challenge. This is the fat burning, muscle toning, body sculpting workout you've been looking for. You are encouraged to go at your own pace so that you may adjust to your own needs and capabilities.

Attire for Kids and Youth MMA/BJJ

Comfortable workout clothes (tights or biking pants should be worn underneath shorts). The class is done with bare feet & requires a large towel.

7. **Black Belt Club:** This is for those who are looking to complete the first portion of their journey as a martial artist and achieve the honor of becoming a black belt. This is not an easy goal and a lot of consistency and dedication is required.

This Program is designed to expose students to several different classes and a variety of training experiences, allowing students to develop a unique style of Brazilian Jiu-Jitsu, and to further their mastery of the Art. As a result, during the Black Belt Club, more techniques are taught, the pace of the class is faster and more exciting, the level of experience of training partners is higher, and last but not least, the focus on details, timing and fine-tuning technique is what will assist you in taking your Jiu-Jitsu to the next level.

The Black Belt Club includes three (3) different classes:

- * Gi BJJ classes,
- * No Gi BJJ classes, and
- * BJJ for MMA classes.

A brief description of these classes follows:

- * Gi BJJ: The class is sixty (60) minutes long and includes practicing takedowns, ground techniques and specific training.
- * No Gi BJJ: The class is sixty (60) minutes long and includes many different submissions and takedowns from the standing position, as well as No Gi BJJ ground techniques.
- * BJJ for MMA: The class is sixty (60) minutes long, but is focused on developing students' approach to MMA (Mixed Martial Arts) through the Brazilian Jiu-Jitsu perspective. Fighting stance, motion, basic strikes, clinches, ground control and submissions are core concepts included in this class.

Pre-Requisite Courses: Blue Belt