



Universal Fitness & MMA

November Newsletter

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WEEKLY SCHEDULE

MON: Adult Essentials 6:00PM-7:00PM

 Muay Thai/Striking (Ages 8+) 6:00PM-7:00PM

TUES: Little Ninjas (3-6) & Kids (7-9) 4:30PM-5:30PM

 Pre-Teens (10-12) & Teens (13-16) 5:30PM-6:30PM

 Adults 6:30PM-8:00PM

WED: Kids Striking (all ages) 5:00PM-6:00PM

 Adults No Gi 6:00PM-7:30PM

THURS: Little Ninjas (3-6) & Kids (7-9) 4:30PM-5:30PM

 Pre-Teens (10-12) & Teens (13-16) 5:30PM-6:30PM

 Adults 6:30PM-8:00PM

FRI: Adult Combatives 9AM-10AM

 Kids (all ages) 10:30AM-11:30AM

 Wrestling (all ages) 5:00PM-6:00PM

SAT: Open Mat (all ages) 10:00AM-12:00PM

 Muay Thai/Striking (Ages 8+) 10:00AM-12:00PM

ANNOUNCEMENTS

- ◆ We are missing quite a few Gi's and some belts. Please check your closets and bring back any borrowed items.
- ◆ *No Classes Thurs 11/28; Happy Thanksgiving!!!*
- ◆ Queen Creek PD started a Cadet program for teens interested in public safety. The lobby bulletin board has a flyer with details and contact information or use this link: <https://www.queencreekaz.gov/government/police-department/qcpd-cadet>
- ◆ *****NEW CLASS REMINDER - Striking/Muay Thai (Ages 8+) on Mondays 6-7PM and on Saturdays 10AM-12PM with Coach Tony*****

FRIENDLY REMINDERS

- ◆ Bow when stepping on and off the mats
- ◆ Turn away from your professors to tie/fix your belt as a sign of respect
- ◆ Wash your gi after every class
- ◆ Keep finger and toenails short and clean
- ◆ Stay home and rest when you feel sick
- ◆ Please use the lobby to observe classes

GYM SWAG

All apparel comes in Adult and Kid sizes

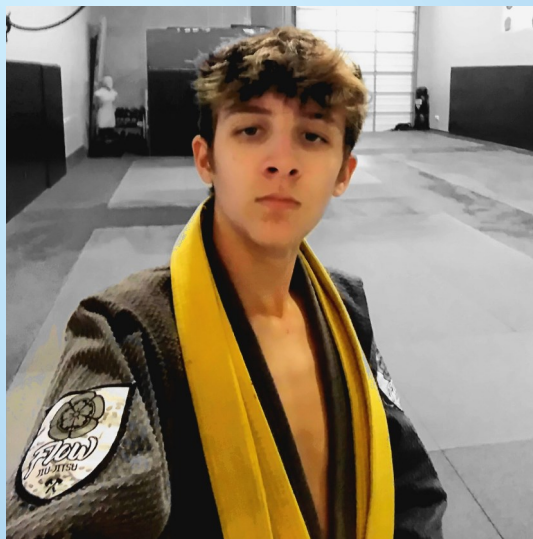
- ◆ Rash Guards—\$50/\$55 each
- ◆ T-Shirts—\$25 each
- ◆ Sweatshirts—\$40 each
- ◆ Gis—\$100 each (limited sizes and colors)
- ◆ Kids Grappling Dummies—\$25 each
- ◆ Patches— large: \$20; small: \$5

Do you like **DISCOUNTS???** Are you dreaming about a new GI???

Talk to Professor Danger about his wholesale account with War Tribe for more details on discounted gear.

Coaches Spotlight

Coach Noah



Coach Noah has been training Brazilian Jiu Jitsu for almost 10 years, he is our gym's sole yellow belt and you will find him chasing around the Little Ninjas.

Coach Noah started training jiu jitsu at a very young age and it quickly became a family interest. He has a younger brother in the pre-teens class, Luke and he calls Coach Julia and Professor Kent; mom and dad.

His two favorite submissions are the Bow and Arrow choke and the Triangle choke. They allow for total control of your opponent and are very difficult to escape.

Coach Noah is a guy of many talents but his ability to master video games tops the list.

If you have never rolled or trained with Coach Noah, we suggest you do! He is a very technical and skillful practitioner. Don't be fooled by his build, once he gets control it feels like an anaconda is slowly taking your last breaths away!!

COMPETITION CORNER

UPCOMING TOURNAMENTS:

- 11/9/24: Old Pueblo Jiu Jitsu Open (Tucson)
- 11/16/24: Veterans Breakthrough BJJ (Open to everyone; Benefit for Veterans Breakthrough non-profit group. www.veteransbreakthrough.com for details and signups)
- 11/16/24: Compnet Western Regionals
- 12/7/24: AZBJJL Grand Canyon Fall Invitational
- 1/25/25: Tap Out Cancer BJJ Open
- 1/26/25: NAGA Phoenix Grappling Championship

****All tournaments listed have kids divisions unless specifically noted****

For a full list of events head over to <https://smoothcomp.com/en/events/upcoming>

If you are interested in competing let Professor Danger or Professor Kent know!



In case you missed it...



****THANK YOU to Mike and Meli Molina for capturing these awesome moments!****