



Universal Fitness & MMA October Newsletter

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WEEKLY SCHEDULE

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

Kids Striking (all ages) 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

Kids MMA (all ages) 10:00AM-12:00PM

ANNOUNCEMENTS

- ◆ The UFO party was a success and the kids had a blast! Thank you Coach Charles for the photo booth! Prof. Danger has the link to the booth photos.
- ◆ ***NEW CLASS - Kids striking/Muay Thai on Mondays 6-7PM and Kids MMA on Saturdays 10AM-12PM with Coach Tony***
- ◆ NO MORNING CLASSES ON FRIDAY 10/4. Wrestling with Coach Max is still on as scheduled.
- ◆ Kids Promotions on 10/17 during regularly scheduled class.
- ◆ Halloween Party on 10/29!!! Party from 5-630 and kids wear your costumes!!
- ◆ NO CLASSES ON 10/31! Gym is closed for Halloween.

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

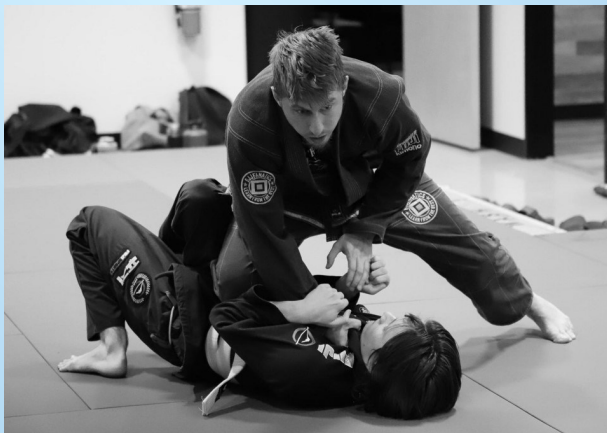
Do you like **DISCOUNTS???** Are you dreaming about a new GI???

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

Coaches Spotlight

Coach Derek

Coach Derek has been training Brazilian Jiu Jitsu for 3 years, he is a blue belt and you will likely find him in the teens class.



Coach Derek started training jiu jitsu after enrolling his oldest son and was encouraged to try a class. He was hooked instantly and it has contributed to his better mental and physical health.

His favorite submission is the tried and true Ezekiel. Coach Derek is a very technical practitioner and experiments from different positions. The latest...Granby rolls from a neutral position to reveal new opportunities to snag a takedown, submission or better overall control.

Coach Derek had big plans to be a rock star but he ultimately decided to cut his hair off, sell his gear and settle in as a business professional. The allure of a real mattress to a van floor was tempting and turned out he loves being a dad better anyway!

He wants everyone to know that if you are unsure about trying BJJ, do it! He is grateful for the coaches at Universal who foster personal growth and confidence in and out of the gym.

COMPETITION CORNER

Ike, Miles and Porter all competed at NAGA in September. They trained hard and fought well. Congrats to Ike on taking gold!



UPCOMING TOURNAMENTS:

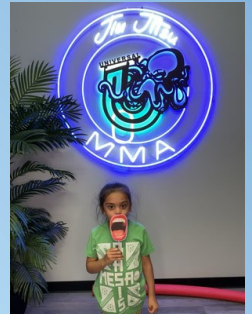
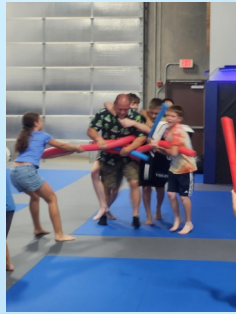
- 10/5/24: Tucson Open VII (Tucson)
- 10/12/24: AZBJJL Southwest Classic
- 10/20/24: Grappling Industries Phoenix
- 10/27/24: War Under the Lights VIII (Tucson)
- 10/27/24: Grappling X Arizona State Jiu Jitsu
- 11/9/24: Old Pueblo Jiu Jitsu Open (Tucson)
- 11/16/24: Veterans Breakthrough BJJ (Open to 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

****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!****