



Handbook and Welcome Guide

Inside you will find answers to FAQ about your new training facility as well as class times and fees. If you ever have questions please ask a coach or the administrative staff. We are here for you and welcome you to the American Combat Academy

Once again welcome and thank you for choosing American Combat Academy for your training. We realize that there are a lot of options out there for training today and we work hard to be the best and only use highly trained professional staff for all of our programs. All of our training staff continue to attend clinics and seminars in their field in order to continue to offer only the best training. Parents can feel confident bringing their children to the American Combat Academy knowing that all of our staff are accredited professional in their field and back ground checked.

All of our programs are taught in an age and ability specific manner. This means that the children's (under age 16) classes are not taught in the same way as the adult programs. Children and adults alike benefit from the training we offer and this training will carry over in a positive way to their lives outside of the facility.

We will cover some of the most common questions we encounter from people in this handbook , but we realize that you may have questions that are not answered or that you would like further clarification on. Please do not hesitate to call or come by and sit down with the particular instructor or the administrative staff. We always welcome your questions and input. Parents are always encouraged to sit in on classes that their children are in or that they are interested in to see how we operate.

We are always excited when parents want to be involved in the sports we offer as well and we will be happy to have your help in many different areas. Again all you need to do is talk to one of the training staff and we will get you in contact with the right person to answer your questions and get you involved.

ACA Rules

We operate on a simple set of rules and are guided by common sense and safety.

1. If something is broken or we are out of something please let the front desk know so we can fix the problem.
2. Please be respectful of others training. Put the equipment you are using away so it is there for the next person. If you are not part of a program the equipment for that program is not to be used.
3. Keep the music to a level that does not interfere with others training and since we currently allow you to bring in your own music keep it clean. If it can't be played on the radio it can't be played in the gym.
4. NO ONE is allowed to engage in any sparring without a coach and in the case of minors without the parents consent. All sparring of amateurs is to be done with the proper equipment. If you do not know what the proper equipment is, you should not be sparring.
5. There will be no bullying or intimidating of others in this gym. You are all part of a team.
6. Fighting outside of sanctioned competition will not be tolerated. We are not training you to fight in the street. In the case of adults the staff will handle any issues that arise. In the case of minors we will always meet with the parents to discuss any concerns about behavior or attitude
7. Just as with the music. Keep the language clean. We have kids that look up to us and want to emulate what we do.
8. Minors under the age of 16 are not allowed to leave the building without a parent or guardian unless we have a prior OK by the parents.
9. Be on time for training. If you are going to be late call ahead and let the staff know. If you have a private session or a special training time set up let someone know if you are not going to make it. The main phone is answered even outside of normal gym hours.
10. If there is a training session going on that area is reserved for them. Do not interrupt training that is going on that you are not involved in.

We want you to have fun and to have a safe environment to train in. In order to offer the best training we can and keep costs down these rules must be followed by all of us.

F.A.Q.

Q. What does the term age and ability specific training mean?

A In short it just means that although we always use the highest safety standards some techniques are not appropriate or allowed by experience or age group in competition. We would rather you be comfortable with practicing techniques than telling you it is ok. Students and in the case of minors the parents have the option of not doing techniques that they are not comfortable with. Before students are moved to a higher level of training they will have a meeting with the trainer that handles that area to discuss the next phase in their training.

Q. Is there striking (hitting/kicking) involved?

A In almost all of our programs striking is taught, but it is utilized in one on one competition only in Boxing or Muay Thai and only after extensive training in the proper application and defense. In other words, striking of any kind is not allowed unless approved by the training staff and in the case of minors by the parents.

Q. If I want to learn Boxing or Muay Thai do I have to Spar?

A No. You will be cleared to spar by the training staff after you reach the level of training required, but we do not require that you spar in order to train. We understand that not everyone wants to compete and therefore does not need to spar.

Q. Are there discounts offered?

A Yes. We offer many options for discounts on your training fees. Such as pre pay discounts, Military discounts, family discounts, public service discounts, and a scholarship program for anyone under the age of 18.

Q. Can I use the gym whenever I want?

A You can use the gym anytime during normal hours, but the training programs take precedence for the use of equipment so not all of the equipment will be available all of the time. This helps to ensure that those in the training programs at that particular time are getting the most out of the training.

Q. Do I need to sign a contract?

A No. We do not ask our customers to sign contracts or charge initiation fees. We have a service named Easy Pay that does all of our billing for us. It automatically makes your payment for you on the day of the month that you select and does not require a contract. You are in control of when the payments start and stop. It has been a good system with no complaints from American Combat Academy members.

I hope that this has answered some of your questions, but I realize that we cannot cover all of the potential questions here. Students and parents are always welcome to set up a meeting if you ever have questions about anything at the gym.

Programs

Boxing

The Boxing program is through St. Cloud Golden Gloves Boxing. The Boxing training is Monday thru Thursday from 5pm-7pm and is open to all age 8 and above. Those ages 8 to 11 years are from 5pm-6pm. 12 and older are from 5pm-7pm. For those that have been cleared and wish to there is also open sparring on Fridays from 5pm-7pm. There is an annual membership to USA Boxing that is required to participate in the Boxing program. Along with the scholarship for training there is also a scholarship available for the yearly USA Boxing dues.

Boxing is great for physical fitness and as you progress in training it teaches focus, discipline, and builds camaraderie and a sense of accomplishment. There is competition available for those that wish to at local, regional, national, and world competition levels.

Jiu Jitsu

Jiu Jitsu is Japanese for Gentle Art, but make no mistake, Jiu Jitsu is an art forged during times of war for use on the battlefield. The art of Jiu Jitsu is practiced all over the world by young and old alike and has become one of the fastest growing sports in participation in the last 10 years.

The practitioner of Jiu Jitsu learns how to efficiently defeat a larger, stronger opponent by using their aggression against them. As with all martial arts Jiu Jitsu teaches self control, respect, confidence, and self esteem while instilling the principles of duty, honor, and discipline.

In Jiu Jitsu striking techniques are taught, but are not allowed to be used in practice or competition. Striking is taught to be used for self defense and only as a last resort. The main focus of Jiu Jitsu is grappling. There is competition available for both children and adults at local, regional, national, and world levels. We do not require you to enter competitions to advance in belt rank.

Muay Thai

Muay Thai is known as the art of 8 limbs. This is a striking based martial art from Thailand that incorporates kicks, punches, elbow strikes, and knee strikes. Muay Thai has seen a rise in participation due to it's devastating and dramatic striking techniques used in Mixed Martial Arts or MMA competitions.

Despite the reputation that follows Muay Thai it is a safe art to practice, and when led by a qualified trainer it carries no higher risk of injury than any other form of martial arts training. Muay Thai like all of our programs does not require you to engage in sparring.

Ultimate Fitness

The Ultimate Fitness program at American Combat Academy is a circuit conditioning program that was designed to get athletes ready for competition, but is beneficial for anyone wanting to get in or stay in shape. Rather than trying to motivate yourself and get into the gym to workout only to find that the equipment you want to use is full or doing the same routine only to find that you are not getting results, step up to Ultimate Fitness. This training is led by a trainer and will keep you motivated and on the course to a healthy lifestyle. And the best thing is it only takes 45 minutes.

If you are looking for a new workout that gets you moving, or if you are just getting into working out this program is a great way to get the blood pumping. This program is also a good way for couples and families to be able to workout together.

This is a high impact workout, and just like with any training program you should consult your physician before beginning a workout routine.

MMA

MMA or Mixed Martial Arts is the fastest growing segment of martial arts training in the last decade. This buzz has created a very large number of people claiming to “teach” MMA. MMA is not something that can be taught in a class form. It is simply the application of a variety of martial arts styles in a competition setting.

We do not teach MMA, we offer the training programs necessary to compete in MMA competitions on both the amateur and professional levels. Joining the MMA program at American Combat Academy allows you to train in any of our programs at anytime. This does not mean that you have to compete. Just that if you are interested in learning more than one of the styles of martial arts that we offer you have that option.

If you do choose to compete we offer full services to our MMA competitors such as management and handling of all of the cornering and contract negotiations.

Yoga

Originated in ancient India, Yoga typically means “union” between the mind, body and spirit. It involves the practice of physical postures and poses, which is sometimes referred to as asana in Sanskrit. As the name suggests, the ultimate aim of practicing Yoga is to create a balance between the body and the mind to attain self-enlightenment. In order to accomplish it, Yoga makes use of different movements, breathing exercises, relaxation technique and meditation. Yoga is associated with a healthy and lively lifestyle with a balanced approach to life.

We offer other classes as they become available to us. If there is something you would like to see offered at The American Combat Academy and know of a qualified instructor please forward the information to the staff. We are always excited to offer the best training to our clients. Thank you again for choosing us as your training center and we look forward to seeing you in the gym.

Clyde Lewis

Founder of The American Combat Academy

Training Times And Fees

Jiu Jitsu: Monday thru Thursday from 6:00pm-7:30pm

Mondays and Wednesdays from 11:00am-12:30pm

Boxing: Monday thru Thursday from 5:00pm-7:00pm

Open sparring on Fridays from 5:00pm-7:00pm

Tuesdays and Thursdays from 11:00am-12:30pm

Ultimate Fitness: Tuesday and Thursday from 7:30pm-8:15pm

Mondays, Wednesdays, and Fridays from 7:00am-7:45am

Muay Thai: Mondays and Wednesdays from 7:00pm-8:00pm

Yoga: Saturdays from 9:00am-10:00am

Kids Jiu Jitsu: 9-11 years old Tuesdays and Thursdays from 4:30pm-5:30pm

12-14 years old Mondays and Wednesdays from 4:30pm-5:30pm

Taekwondo: Mondays 5:30pm-6:30pm Wednesdays and Fridays 4:30pm-5:30pm

Training Fees

Adult and Kid's Jiu Jitsu \$40.00 per month

Muay Thai \$40.00 per month

Boxing \$35.00 per month USA Boxing Membership \$50.00 per year

Ultimate Fitness \$35.00 per month

MMA \$50.00 per month

Taekwondo \$50.00 per month

Yoga \$10.00 per class or you can buy a 6 class punch card for \$50.00

You can reduce your training fees by as much as 15%. Ask the staff for details.