



Fusion


MIXED MARTIAL ARTS

Thai Boxing • Boxing • Judo • Brazilian Jiu-Jitsu

Personal and group training are available.
Call Mong for more info
Tel. # 315.945.1134
www.fusionmma.com

Classes held at:
Quest Fitness
175 West Shore Blvd
Newark, NY 14513
(t) 315.331-7500

1 FREE
Trial Class



Mixed Martial Arts (MMA) is the "coined" term for modern martial arts cross training. Certain styles or systems have been proven dominant in "no rules" competitions in the different ranges of combat. A Mixed Martial Artist will cross train in 3 major areas: a striking art, a grappling art, and a clinching art. Covering all these ranges in a realistic manner.

Fusion Mixed Martial Arts have no fancy techniques that take years to understand. Learn how to properly move, strike, block, throw, choke, and lock someone, both standing and on the ground.

Fusion Mixed Martial Arts will help you develop confidence, lose weight, and gain lean muscle mass. Come learn in a fun and safe environment.