



dek wat muay thai

Martial Arts & Fitness

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Effective 8 April 2015

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Close d	More Classes Coming Soon	More Classes Coming Soon	More Classes Coming Soon	More Classes Coming Soon	More Classes Coming Soon	More Classes Coming Soon
Close d	7:00am-8:00am	7:00am-8:00am	7:00am-8:00am	7:00am-8:00am	7:00am-8:00am	6:00am-9:00am
	Muay Thai All Levels	Boxing All levels	Muay Thai All levels	Boxing All levels	Muay Thai All levels	Muay Thai Competitive Training
Close d						9:15am-10:00am
						Youth Muay Thai
Close d	12:00pm-1:00pm	12:00pm-1:30pm	12:00pm-1:00pm	12:00pm-1:30pm	12:00pm-1:00pm	10:00am-11:00am
	Boxing All levels	Muay Thai+Sparring All levels	Boxing All levels	Muay Thai+Sparring All levels	Boxing All levels	Muay Thai All levels
Close d						11:00am-12:00pm
						Boxing All levels
Close d	5:30pm-6:30pm	5:45pm-6:30pm	5:30pm-6:30pm	5:45pm-6:30pm	5:30pm-6:30pm	
	Muay Thai All levels	Youth Muay Thai	Muay Thai All Levels	Youth Muay Thai	Muay Thai All levels	
Close d	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	
	Boxing All levels /Beg. MT Sparring	Muay Thai All Levels	Boxing All levels/Beginning MT Sparring	Muay Thai All Levels	Beginning Sparring	
Close d	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:15pm	
	Muay Thai Competitive Training		Muay Thai Competitive Training			

Training Staff:

Co-Head Trainer:	Lynda L. Chunhawatt
Co-Head Trainer	Arthur Wong
Asst. Trainer:	Bounthong "Tong" Syvanthong
Boxing Trainer:	Danovis "Dee" Pooler
Brazilian Jiu-Jitsu Trainer:	Shawn Tamaribuchi

Class descriptions:

Muay Thai:

Whether students are new to martial arts or experienced this class will get your heart rate up and improve your overall fitness in a safe limited contact class setting. Here you will learn all the fundamentals of the 2,000+ year old art of Muay Thai. This was originally the hand to hand combat system for the military and has in modern times evolved into one of the most feared yet respected stand up sport martial arts while serving as a very practical and natural form of self defense.

Boxing:

The "Sweet Science", students will learn all of the boxing fundamentals in this intense calorie burning class in a limited contact class setting. Pugilists will follow in the tracks of the ancient Greeks in this Olympic style class. Boxing focus on arms and hand strikes but our classes designed to deliver a total body workout engaging your mental and physical toughness.

Youth Muay Thai:

For the next generation of Nak Muay, a class for children ages 5 and up**. This class will be a mix of hard work and physical activity coupled with a learning opportunity. We will teach your children a little bit of history but more importantly our trainers are well versed in guiding your children through conflict resolution through communication techniques. We want to ensure that while our youth students are learning martial arts they understand they undertake a commitment to make wise decisions by teaching some life skills.

Brazilian Jiu Jitsu:

This is a traditional Gi (uniform) class for all levels, whether you are a complete beginner or experienced. Instruction is patient and will give you a solid foundation in this hybrid art. Here you will learn about leverage and basics on joint locks and chokeholds. The training is designed to give your ground game the nuances to defend yourself or compete if you choose.

Beginning Sparring/Competitive Training:

Fighter training for both amateurs and professionals. Closely supervised fight preparation. If you are interested you will need to see a trainer about the requirements and for approval to enter this program. Beginning sparring is learning sparring techniques.

Conditioning:

An intense condensed strength and cardio vascular workout that lasts 30 minutes. Here is where you will spend time on developing your quick twitch muscles as well as improving your cardio vascular capacity. This class is partially out of doors so you'll need proper running shoes.

***Private Instruction:** Available, please see the trainer of your choice directly

**** Age is at discretion of trainer.**

