

UFC COACH OF THE YEAR
GREG JACKSON
MMA Training & Conditioning
CAMP



March 23, 24 & 25 2012

Also included Cross Training Education taught by

ROSS O'DONNELL Founder/President

FKCI, Canada's leading authority in

MMA Fitness Training



**NATIONAL TRAINING
DEVELOPMENT CENTRE**

660 Riddell Rd. Orangeville 519-942-1625
info@fitnesskickboxingcanada.ca

GENERAL INFORMATION

LOCATION:

Fitness Kickboxing Canada Inc,
National Training Development Centre,
660 Riddell Rd
Orangeville, Ontario, Canada.
Free Parking



REGISTRATION AND FEES:

Training Camp attendees may register by phone or online by completing the registration form supplied with this brochure or online at http://www.fitnesskickboxingcanada.ca/Mixed_Martial_Arts.html

ONLY \$300.00 + tax

(If registered and paid before Feb 17th)

\$400.00 + tax after Feb 17th

\$450.00 + tax after March 17th

DO NOT MISS this opportunity!

For more information contact Fitness Kickboxing Canada Inc. Phone 519-942-1625,

www.fitnesskickboxingcanada.ca email: info@fitnesskickboxingcanada.ca

HOTEL ACCOMMODATIONS:

FKCI is pleased to offer a reduced rate at [Orangeville Best Western Suites](#). Rooms starting at \$149.99 (regular \$189.99) for a standard suite and includes a deluxe continental breakfast. Call direct at 519-941-3311 and quote Fitness Kickboxing Canada to get the discount rate. This offer is first come first served only!

TRAINING SESSION TIMES:

Friday March 23rd 6pm-9pm

Saturday March 24th 9:30am-4:30pm

Sunday March 25th 9:30am-4:30pm Register early...space is limited!

REGISTRATION AND CANCELLATIONS POLICY:

All training camp attendees must produce registration receipt to verify registration and access to the session room. All sales are final, non-refundable and non-transferable. No spectators will be permitted.

CONTINUING EDUCATION CREDITS & CERTIFICATE OF ATTENDANCE:

The FKCI MMA Cross-Training workshop material that will be covered in this training camp weekend is pre-approved for 4 CEC's canfitpro PTS & FIS and 7 CEC's CPTN. CECs will be provided to certified trainers upon request at the completion of the education curriculum. All attendees at the camp will receive a certificate of attendance.

CANCELLATION OF TRAINING CAMP:

If for unforeseen circumstances Greg Jackson is forced to cancel his appearance at training camp registered participants will be refunded in full.

INTRODUCTION TO THE TRAINING CAMP

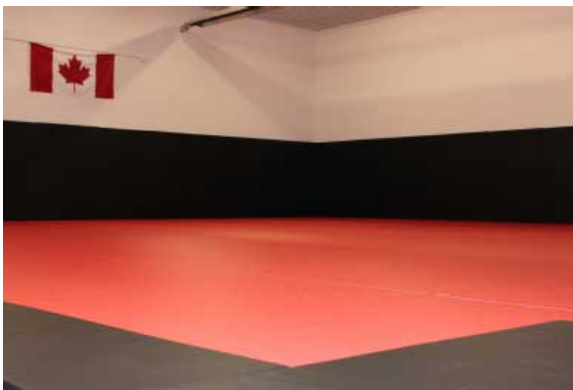


Fitness Kickboxing Canada® - FKCI™

FKCI™ is honoured to have Mr. Greg Jackson, UFC 2011 Coach of The Year teach at this MMA Training Camp March 23-25, 2012. at our National Training Development Centre in Orangeville Ontario. The weekend training will take place in our 6,400 square foot MMA & Athletic Performance Training Center the largest in Orangeville. Training will take place on our 3,000 square foot MMA training area covered with Flex-Roll® Grappling/MMA competition approved high density matting with Wall-to-Wall 6 ft. high safety wall mats and on our 2,200 square foot Athletic training area with professional grade turf.

The training camp will include:

- Striking Combos (punch & Kick)
- BJJ Ground Work
- Focus Pad Training Combos
- Conditioning Drills
- Coaching athletes to prepare for competition (and corner man strategy)
- FKCI MMA Cross Training Education



3,000 SF MMA Training Room



2,200 SF Athletic Turf Training room

TRAINING SESSION – FRIDAY, MARCH 23rd, 2012

6:00 pm – 9:00 pm

Greg Jackson

Introduction for coaches and athletes on how to prepare for training mentally and physically during training camps, periodization plans and strategies for maximum effectiveness and functional benefit out of your training sessions and peek at the day of competition. Coach Jackson will also discuss how to prepare athletes on the day of competition and cornering skills and tactics. An open Q & A will follow.

TRAINING SESSIONS – STAURDAY, MARCH 24TH, 2012

9:30 am – 10:30 am

Ross O'Donnell

MMA Cross Training - Cardio training techniques: From warm up to maximum intensity cardio conditioning with and without resistance & reaction to improve stability, agility, MMA & athletic performance.

10:30 am – 12:00 pm

Greg Jackson

Stand-Up Striking Segment: Coach Jackson will teach stand up striking techniques, skills and drills including Muay Thai, boxing, clinch techniques, setting up striking combinations, counters and changing angles of attack. Training camp participants will have an opportunity to practice all techniques

LUNCH BREAK

1:30 pm – 3:00 pm

Greg Jackson

Coach Jackson will instruct The Art of Focus Pads Work: Focus pad work is an integral part of training competitive athletes and recreational participants. As coaches and trainers it is vital for safety and effectiveness that the pad holding techniques be performed properly with authentic combinations.

3:00 pm – 4:30 pm

Ross O'Donnell

MMA Cross Training- Strength training techniques: Exercises & drills will be demonstrated for strength & conditioning of all muscle groups from upper & lower body to the all important core with numerous non- traditional strength & conditioning exercises in an innovative sequence with isolation and compound functionality for MMA.

TRAINING SESSIONS – SUNDAY, MARCH 25TH, 2012

9:30 am – 10:30 am

Greg Jackson

The Ground Game Segment: Coach Jackson will teach ground game techniques, skills and drills including BJJ, setting up takedowns, takedown techniques, takedown defence, submissions and wall drills. Training camp participants will have an opportunity to practice all techniques

10:30 am – 12:00 pm

Greg Jackson

Conditioning Segment: Coach Jackson will take the training camp participants through strength and conditioning exercises and drills used by his professional fighters to ensure they are in top condition. Remember, you can't control the outcome of any bout but you can control your own conditioning level going into it!!!!

LUNCH BREAK

1:00 pm – 4:30 pm

Ross O'Donnell

MMA Cross Training- Putting it all together, incorporating a total cross training format from start to finish with a challenging MMA obstacle course

MMA TRAINING CAMP INSTRUCTORS



Coach Greg Jackson & FKCI President Coach Ross O'Donnell