



**Premier Family Fitness Academy**  
 3613 Pepperell Parkway  
 Opelika, Alabama 36801  
 1-334-363-2727      www.kagefit.me

## **INTRO TO WRESTLING CAMP**

(PARENT AND CHILD CLINIC)

### LEARN:

- \*THE BASICS OF BOTH
- \*ABOUT THE COIN FLIP AND WHY
- \*BUILDING TECHNIQUE

*\*PARENTS LEARN THE KEY IDENTIFIERS TO PUT YOUR CHILD IN A POSITION TO WIN!*

**May 20<sup>th</sup> 11am-3pm ALL AGES**  
 REGISTRATION: \$50 (\$60 after May 1)

- \*RULES, SCORING, AND STRATEGY OF WRESTLING
- \*STANCE, 2 ON 1, PRESSURE
- \*UNDERSTANDING THE FIRST 3 YEARS

## **TILTS, SWITCHES, & DEFENSE**

STANCE, SETUPS, AND SHOOT

### LEARN:

- \*STANCE STRATEGY
- \*5+ DIFFERENT SETUPS
- \*DOUBLE LEG
- \*SINGLE

- \*HOW TO CONTROL OPEN STANCE
- \*IDENTIFIERS FOR SHOOT
- \*COLLAR TIES
- \*DUCK UNDER

**June 17<sup>th</sup> 11am-3pm AGE 7 & UP**  
 REGISTRATION: \$60 (\$70 after June 1)

## **MARTIAL ARTS CAMP: FITNESS**

- \*KICKBOXING
- \*WRESTLING
- \*BJJ
- \*FOOTWORK DRILLS
- \*BOXING
- \*MIXED MARTIAL ARTS

**June 12-16 9am-12pm**  
 REGISTRATION: \$120 (\$140 after June 1)  
 OPEN TO AGE 6 AND UP

## **DEFENSIVE WRESTLING**

- \*STANCE
- \*BOTTOM
- \*SWITCHES
- \*STRATEGY
- \*TOP
- \*ESCAPES

**June 19 -23 9am-12pm**  
 REGISTRATION: \$120 (\$140 after June 1)  
 OPEN TO AGE 7 AND UP

## **ADVANCED WRESTLING CAMP**

- \*HIGH INTENSITY
- \*ADVANCED MOVES
- \*NO BEGINNERS
- \*IMMERSION CAMP
- \*HIGH INTENSITY
- \*ADVANCED STRATEGIES

**July 17 -21 9am-12pm ALL AGES**  
 REGISTRATION: \$120 (\$140 after July 1)  
 \*\*\*\*MIN OF 2 YEAR EXPERIENCE REQUIRED

## **ABOUT OUR CAMPS INSTRUCTOR**

Keith Johnson is the Alabama State Wrestling Champion for 2001 and two time runner up. He was chosen 1<sup>st</sup> Team in Birmingham All Metro. His Professional MMA record is 15-4 with 12 submissions. He holds a Black Belt in Brazilian Jiu Jitsu under world renowned 4<sup>th</sup> degree Black Belt-Israel Gomes. Keith won the Pan American Championship in New York City as a Purple belt in 2012. He is a multiple time NAGA Expert Champion.

*"More enduring than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill—none have wrestled without great pride. "Dan Gamble-Olympic Gold Medalist*



*\*Kage Fit offers a 10% discount for 2 or more camps and a 50% sibling discount!!*