

Welcome to Cerberus Combat MMA!

We are thrilled to have you join our community dedicated to empowering individuals through Mixed Martial Arts (MMA) and Personal Training. Whether you're a seasoned athlete or just starting your fitness journey, we're here to support and guide you every step of the way.

About Us:

Cerberus Combat MMA was founded with a passion for promoting health and wellness through martial arts and personalized fitness programs. Our experienced & certified trainers are committed to helping you achieve your goals, whether they're related to weight loss, strength and conditioning, self-defense, or overall well-being.

Services We Offer:

- 1. Mixed Martial Arts (MMA): Experience the thrill of training like a professional fighter while learning valuable self-defense techniques and improving your physical fitness.**
- 2. Personal Training: Receive personalized fitness plans tailored to your individual needs and goals, guided by our coaches who are dedicated to helping you reach your full potential.**
- 3. Guided Stretch Session: Improve your flexibility, reduce muscle tension, and enhance your overall well-being with our guided stretch sessions. These sessions are perfect for anyone looking to improve their range of motion and prevent injuries.**
- 4. Injury Recovery: Our injury recovery program is designed to help you safely return to your regular activities after an injury. Our professionals will work with you to create a rehabilitation plan that promotes healing and prevents re-injury.**

What to Expect:

- **Professional Guidance:** A certified trainer will provide you with expert guidance and support to help you achieve your fitness goals safely and effectively.
- **Personalized Approach:** Every training session and fitness plan is tailored to your specific needs, preferences, and level to ensure maximum results.
- **Positive Environment:** Join a welcoming and supportive community where everyone is encouraged to challenge themselves, grow, and celebrate their achievements.
- **Continuous Progress:** We believe in the power of continuous improvement, and we're committed to helping you progress and surpass your fitness goals over time.

Getting Started:

1. **Schedule Your Initial Consultation:** Contact us to schedule your initial consultation, where we'll discuss your goals, assess your current fitness level, and create a personalized training plan just for you.
2. **Attend Your First (Free) Session:** Come prepared for your first training session with comfortable workout attire, a water bottle, and a positive attitude. We'll take care of the rest!

Policies, Procedures, & Rules:

1. **Sessions will be charged individually as you go through training. All we do is send an electronic invoice to your email, and you pay online after you've had your session.**

You are allowed to have your time slot reserved permanently even if the payments are individual.

- 2. You are allowed to have 3 students total in one session and the price does not change. So 1 student for an hour will cost the same as 3 students for an hour.**
- 3. If you show up late to your session, you will lose time from that session if somebody is scheduled directly after you. If nobody is scheduled directly after you, your coach will still give you a full length session with no problem. There are also no cancellation fees.**

The Purpose of Sparring:

Sometimes the idea of what is to be achieved during a sparring session is lost on students. More often than not, I see egos get in the way of actually trying to achieve a goal and get something out of the session. The purpose of sparring is to make *both* you and your partner better. You should be trying to work and flow with one another, while at the same time developing better reaction time and enhancing your skills. Remember, sparring is not fighting. There is a large difference between the two. During sparring you're not trying to beat your partner into submission. The gym should not be your proving ground. That's what the ring is for.

This can be a difficult thing to keep in mind in the heat of the moment. When you feel someone land a good shot on you, it's natural to pick up the pace, hit harder, and get those points back. That being said, there is a time and place for hard sparring, but high-intensity sparring should not be the norm. That doesn't mean you can't work hard. It just means you have to use self-control. Sparring hard and beating one another to a pulp all the time is only going to get you injured and keep you out of the gym.

Technical Sparring:

One thing I love about the art of Brazilian jiu jitsu is that in almost every session “technical sparring” takes place. No one gets hurt, but everyone learns. BJJ practitioners aren’t trying to smash and grind each other into the mat, and that’s what sparring is all about – learning. If you have ever had the privilege to watch people who were born and trained in Thailand spar, it’s almost as if they are playing. It’s exactly how it should be. But while they may have smiles on their faces, they are being serious and working on their techniques.

If you are a fighter then technical sparring should be extra important to you. It’s an awesome time and we all walk away exhausted with some minor bruises and a ton of stuff to work on. Sparring with people you are unfamiliar with is the best thing you can do for your fight game. If you only spar with your teammates, then I guarantee your progress will quickly plateau. Getting better is all about stepping out of your comfort zone and being forced to do what you do.

Hard Sparring:

Hard sparring is important for the fighter and should not be overlooked in training. Nothing will ever push you harder and simulate the stress of a real fight more than a good hard sparring session. Just make sure that hard sparring happens only occasionally. It’s the exact same thing as testing your one-rep-max. Don’t do it often and you will be fine. And in hard sparring remember that emotions can flare up quickly, which is good, but it’s always a good idea to have your coach there to ref the match.

Keep these concepts and types of sparring in mind when you're training. And when you do get in the ring to spar, remember to always work with your partners, listen to your coach, and keep progressing towards your goals.

CONTROL YOUR SELF!!!!

You will be kicked out of classes permanently, very quickly, if you fail to be careful and control your power. As a coach, I am not allowed to hurt a student. So the same goes for students. Specifically, you are not allowed to injure or try to injure a coach.

Contact Us:

- Phone: 512-917-2167 **(Text/Email Preferred)**
- Email: christianthornton@yahoo.com
- Address: 13126 Winged Foot Ln, Unit 101 **(No Walk-Ins)**
- Website: <https://www.cerberuscombatmma.com/>
- Youtube/Instagram: 'Cerberuscombatmma'

Conclusion:

At Cerberus Combat MMA, your success is our priority. Whether you're aiming to improve your fitness, build confidence, or enhance your martial arts skills, we're here to support you every step of the way. We definitely have a focus more on self defense than competition, but if you wish to compete, we are willing to support you.

Sincerely, Christian Thornton