






# Strong Style - Youth Training Schedule

## White Shirt Rank Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a-10:15a						Wrestling Practice
10:15a-11a						Gi Jiu-Jitsu
5p-5:45p	Striking	Conditioning	MMA	Conditioning	Grappling	
5:45p-6:30p	Conditioning	MMA	MMA Sparring	MMA	Conditioning	

\*Jiu-Jitsu Gi required for Gi Jiu-Jitsu. Wrestling shoes required for Youth Wrestling Practice.

## Blue Shirt Rank (and above) Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a-10:15a						Wrestling Practice
10:15a-11a						Gi Jiu-Jitsu
5p-5:45p	Striking	Conditioning	MMA	Conditioning	Grappling	
5:45p-6:30p	Wrestling Practice	Grappling	MMA Sparring	Striking	Conditioning	

\*Jiu-Jitsu Gi required for Gi Jiu-Jitsu. Wrestling shoes required for Youth Wrestling Practice.

## Little Leaders Schedule

Time	Monday	Wednesday	Saturday
11a-11:30a			LITTLE LEADERS
4p-4:30p	LITTLE LEADERS		
6p-6:30p		LITTLE LEADERS	

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# Program Descriptions

## Little Leaders (3-5 years old)

This is an introduction to Martial Arts and organized physical activities. We use Martial Arts as a tool to help kids learn how to follow directions, get along with others, build confidence and learn respect. We will prepare them for the next level of training at Strong Style.

## Youth MMA Program (6-14 years old)

Our Youth MMA program is based on the major forms of Martial Arts that are practiced on the highest levels. Students will learn Boxing, Brazilian Jiu-Jitsu, Wrestling, Muay Thai, Judo and techniques from other Martial Arts disciplines. Students will go through various conditioning workouts to teach them proper functional training techniques and get them in excellent shape.

This is a multi-level system that's been used for over 20 years and has developed world champion competitors. Students will start with a beginner level white shirt, and progress through the ranks of our MMA program to eventually earn their Black Belt.



## Gi Jiu-Jitsu & Competitive Grappling (6-14 years old)



We have students compete in all levels of Jiu-Jitsu. There are tournaments held all year around in Gi and No-Gi. Once a student reaches their Blue Shirt rank or have reached a level that is required to compete, that student will be eligible to participate in both Gi and No-Gi competitions. If a student is from another school or has a lot of experience in competing in Jiu-Jitsu and would like to transfer to our program, they must see Head Coach Ben Willeford to review their training history. Gi Uniform required in Gi Jiu-Jitsu classes.

**\*Gi uniform required for all Gi Jiu-Jitsu classes**



## Wrestling Team (5-14)

Though our MMA program is the primary program for our students, they are not required to be in the MMA program. We now have a competitive wrestling team at Strong Style. There are two practices each week. Monday 5:45pm is the advanced team practice. Saturday 9:30am is for all levels of experience. There are certain requirements to compete through our Strong Style Wrestling Team. Please see coach Ben if you are from another program looking to transfer to Strong Style. Monday Advanced Wrestling Practice is for Blue Shirt Rank students or higher. Or experienced wrestlers. See coach Ben for questions. Coach Ben Willeford email: [Ben.strongstyle@gmail.com](mailto:Ben.strongstyle@gmail.com)



**\*Wrestling shoes required for all Wrestling practices**

### Schedule

**Monday: 5:45p Wrestling Practice Advanced**

**Saturday: 9:30a Wrestling Practice All Levels**

### Head Coaches of our Wrestling Program

#### **Ben Willeford**

3x State Champ HS

2<sup>nd</sup> All-time in Louisiana for career wins

Career record: 193-17

2x Division 1 NCAA Qualifier

#### **Jeff Pelton**

HS Wrestling State Champ

3x State Placer

4x NCAA/NAIA All-American

105-13 HS record & 108-11 College record

#### **David Range**

Ohio State Champion

6x Freestyle All-American

4 yr. varsity at Ohio State University

Coach of two female world team members