

Youth Programs



Young Lycans BJJ Fundamentals

Our Young Lycans Fundamentals program is a great introductory class into Brazilian Jiu-Jitsu. During this class, children ages 3-12 will learn self-defense through the fundamental movements of jiu-jitsu, play BJJ related games, and have the chance to participate in a belt grading test every 3-6 months. There are countless benefits of Brazilian Jiu-Jitsu for kids of all ages. A few of these include improved focus, boosted self confidence, positive social interactions, anti-bullying education, and it promotes healthy exercise through an engaging and fun atmosphere. These Young Lycans Fundamental classes are from 5:30-6:30 pm on Mondays, Tuesdays, and Thursdays.



Young Lycans BJJ Competition

Our Young Lycans Competition program focuses more on the competitive aspects of Brazilian Jiu-Jitsu. The children will take away what they are taught during Fundamentals class and use it in a real-world setting as they spar up against other training partners to test their skills. This program is designed for our young athletes whose goals are to compete on a regular basis. During this class, we focus on each individual child to improve their game plan and turn them into champions! These classes are only open to serious competitors and are held on Tuesdays and Thursdays from 5:30-6:30 pm.



Young Lycans MMA

Our Young Lycans MMA program is designed for kids who want to learn many different forms of martial arts. During this class, the Young Lycans will learn the basic fundamental movements of Brazilian Jiu-Jitsu as well as the art of Boxing, Kick-Boxing, Muay Thai, Karate, and Wrestling. All children ages 3-16 are welcome to attend with classes being held on Wednesdays and Fridays from 5:30-6:30 pm.



Young Lycans Boxing

Our Boxing program is designed for anyone ages ten and up in the beginner to intermediate level. During these classes, your child will learn basic boxing combinations, head movement, footwork, and defense and counters. It will be solely focused on technique with no sparring involved. These classes will be held on Mondays and Wednesdays from 6:30-7:30 pm. They're taught by our very own professional bare knuckle boxer, Stevo Morris!



Lycan Leaders

Our Lycan Leaders program is designed for children who want to participate in all of the youth classes that we offer! This includes the Young Lycan BJJ Fundamental classes, the Young Lycans BJJ Competition classes, and all of the Young Lycans MMA classes. In this youth unlimited program, your child will gain an endless amount of martial art experience and will have the opportunity to train every Monday-Friday from 5:30-6:30 pm.



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Contact us today for a FREE trial class!