



# Swakopmund Fight Club

It doesn't matter if you are interested in defending yourself, increasing your level of fitness or competing in full contact tournaments, Swakopmund Fight Club has it all.

Swakopmund Fight Club is a new, fully equipped martial arts dojo that offers various styles that will cater for all interests.

## Styles include:

- Ⓜ Krav Maga: A practical and extremely effective system for self-defence regardless of gender and level of fitness.
- Ⓜ Karate: Traditional Shotokan Karate
- Ⓜ Judo: Full contact grappling where size does not matter
- Ⓜ Kickboxing: Increase your level of fitness and co-ordination while working to full contact fighting
- Ⓜ MMA: The ultimate hard core fighting sport that will give you the edge in stand-up fighting as well as ground work

**Test your skills every second Saturday of the month in an open mat day for all styles.**

Weekly Timetable			
	17:00-18:00	18:00-19:00	19:00-20:00
Monday		Karate	Kickboxing
Tuesday	Judo	Krav Maga	MMA
Wednesday		Karate	Kickboxing
Thursday	Judo	Krav Maga	MMA
Friday	Closed		
Saturday	Every second Saturday of the month open mat for all styles from 10:00 – 12:00		

Registrations can be done at our premises in Einstein Street, New Industrial Area (between E Hard Build and Langer Heinrich opposite van der Walt Transport) at the following times:

Monday and Wednesday 18:00 – 19:00

Tuesday and Thursday 19:00 – 20:00

## Swakopmund Fight Club is affiliated with:

- Ⓜ Mixed Martial Arts Federation of Namibia (MMA Namibia)
- Ⓜ Elite Defence Academy ([EDA South Africa](#))
- Ⓜ JKA Shotokan Karate Namibia



## What gear will I need?

- Ⓜ Karate: Gi & Belt
- Ⓜ Judo: Gi & Belt
- Ⓜ Krav Maga: Gi or Club Uniform & Belt
- Ⓜ MMA: Club Uniform, Mouth Guard, Groin Guard or Sports Bra (as applicable), Wraps and Amateur MMA Shute Gloves. For tournaments a Head Guard will also be required.
- Ⓜ Kickboxing: Gi or Club Uniform & Belt, Wraps, 12OZ Boxing Gloves and Mouth Guard. For tournaments Shin Guards, Kick Guards and a Head Guard will also be required.

## Gear Available at the club

- Ⓜ Club Pants both long and short
- Ⓜ Club T-Shirt
- Ⓜ Hand Wraps
- Ⓜ Mouth Guards
- Ⓜ MMA Shute Gloves

## Specialised training available by appointment only

- Ⓜ Security Grade E (Guard Basic)
- Ⓜ Security Grade B (Deployment/Senior Guard)
- Ⓜ Security Grade A (Guard Supervisor)
- Ⓜ Basic Armed Response
- Ⓜ VIP Protection
- Ⓜ Event Security
- Ⓜ Basic handgun
- Ⓜ Basic Arrest & Tonfa
- Ⓜ Basic Self Defence

Swakopmund Fight club also offers seminars, workshops and courses to public and corporate groups.

More information on some of our instructors:

- Ⓜ [Martin Günther](#)
- Ⓜ [Joma O'Kill](#)

Contact us at 081 621 1962 or [swkfightclub@yahoo.com](mailto:swkfightclub@yahoo.com)

Find us on Facebook by clicking [here](#)

