



KICK ASS PRODUCTIONS

AMATEUR GUIDELINES FOR TRAINING TO COMPETE

TRAINING PERIOD

Each Kick Ass Productions contestant will be required to have trained in at least one Mixed Martial Arts discipline for a minimum of 30 cumulative days prior to registering with Kick Ass Productions. Each contestant that participates in a Kick Ass Productions event may be represented by a coach. Kick Ass Productions reserves the right to approve or deny coaches.

Training must include but is not limited to the following.

All contestants must train at least 2 days a week for one hour for 30 cumulative days

All contestants must have at least three (3), three (3) minute rounds of sparring

All contestants must complete at least two sessions of Cardiovascular (cardio) conditioning for at least nine (9) minutes per sessions. Cardio conditioning will improve the efficiency of your heart, lungs, and circulatory system through continuous effort that elevates the heart rate. The sustained movement is also great for increasing endurance. Cardio conditioning can be but is not limited to:

Stationary Bike Riding
Treadmill walking
Yoga
Pilates

All contestants must have at least four cumulative (4) hours of basic jiu-jitsu and/or Muay Thai training. Basic jiu-jitsu and/or Muay Thai training must include but is not limited to: Guard Passing, Concepts of basic jiu-jitsu submissions (arm-bars and chokes), & Basic Muay Thai stand up and kickboxing.

Amateur Fighter

Date of Event

Gym Attended for Training Period

Coaches Name and Signature



This is confirmation that the listed amateur fighter has met all training requirements as listed above to participate in the upcoming event.

Date
