



### **HYBRID GRAPPLING CLASS**

- Time:** Tuesdays and Thursdays, 5:00pm – 7:00pm  
**Location:** Student Recreation Center / Combatives & Martial Arts Room (2<sup>nd</sup> floor of SRC)  
**Cost:** Classified as “Group X” class  
**Equipment:** Athletic clothing, groin protection highly recommended

Hybrid Grappling is a style of martial art that involves wrestling, joint manipulation, and throwing. This system contains elements of Judo, Brazilian Jiu-Jitsu, Greco Roman wrestling, Sambo, and Shooto. Hybrid Grappling is a terrific form of exercise and it also provides an excellent opportunity for participants to develop their physical attributes.

All levels of practitioners may participate. While the class is progressive in nature, members can join any time. At the beginning of each class, fundamental techniques are drilled which provides a review time for advanced practitioners and also affords new people a chance to learn basic techniques. Basics of grappling will be covered as well as intermediate and advanced techniques. Classes will be conducted in a friendly and encouraging manner with emphasis on safety and respect.

For information contact Steven Tuttle [Steven.Tuttle@indstate.edu](mailto:Steven.Tuttle@indstate.edu) (812)237-4390