

Report



Mixed Martial Arts November 2011

The MMA course was a course designed to be taster sessions on what is vastly becoming a major trend and activity for young people. The course was attended by young people from the ages of 5 to 11 all of which were boys. The youths started with a warm-up then went on to pad work. The idea was to show them how to punch and kick properly and defend themselves. Once the youths had a few attempts at this they really got into it. Mid way through the session the instructor asked the young people what they would like to do and they opted for grappling. They really enjoyed this. Overall the course ran like the last one and everyone enjoyed themselves. The parents and carers took a really keen interest

and unlike other clubs would come up and talk to the workers about what was going on and they would praise the club and the work we were doing. The club also attracted the attention of the users of the skate park and the parents who were dropping them off. With having the club outside of the youth room it is a good advertisement for the clubs that we do and shows what we are capable of running. This is the type of club that always has parents talking to staff about signing their children up for future clubs. We would happily run this club again. It features a popular sport that youths are really into just now. It keeps them fit and active and teaching them a host of new

skills that can be used in everyday life.

At the end of the four weeks of club the youths were all given certificates at the end as well as booklets on available clubs in the area. They were all extremely happy with this the only odd thing was they were gutted they had to stop the club before the end to receive them. Everyone had their photo taken with their certificates and were extremely pleased to be rewarded with their certificates at the end of the course. At the end of the course they all asked to sign up for the next club and as they were leaving they tried to make arrangements to see their new friends outside of the club.