

MMA Club Report **October - November 2010**

The MMA club was a 6 week course but with a break in the one of the weeks to make way for a Halloween party. The aim of the course was to teach the young people new skills while improving their fitness, confidence and self esteem. The average size of the groups taking part on the weekly basis was around 12.

Most of the participants were boys with only 3 girls taking part of the 5 weeks. Overall this is an excellent club for young people and helped to show that they don't have to be aggressive in a bad way and that this is a good sport to learn self awareness and control.

The young people's confidence had grown over the weeks not over significantly but it had grown along with their self esteem. After the course had finished some of the young people who had attended our club joined the club that the instructors came from. We would happily run this club again as we feel that the young people got a lot from it