

## INFO

We are organizing at **the gym of the School in Root** on every **Monday, Wednesday and Friday** from **16:30 to 19:30**. This event aims to promote physical fitness, teamwork, and the art of grappling among students.

### Event Details:

**Who Can Participate:** All students from **12 to 18 years old**, regardless of experience level.

The grappling session will include:

- An introduction to **grappling techniques and safety rules**
- A general warm-up session
- Practical exercises to **learn the basics of grappling**
- **Friendly matches** to put skills into practice

This is a fantastic opportunity to learn **new skills, make friends**, and have **fun** in a supportive environment. We encourage everyone to join, **whether you are new to grappling or have some experience**.

## WHAT IS «GRAPPLING»?

Grappling is a form of combat that focuses on holds, throws, and submissions, **without the use of strikes like punches or kicks**. This discipline helps improve physical strength, endurance, and strategic thinking in a safe and controlled environment.

**Event Program (Monday, Wednesday, Friday):**

- **16:30 - Introduction to basic techniques and safety rules**
  - **17:00 - General warm-up**
- **17:30 - Practical session: learning basic holds**
- **18:00 - Practice matches and simulations**
- **19:30 - Conclusion and wrap-up**



## GRAPPLING



**150 CHF!!!**

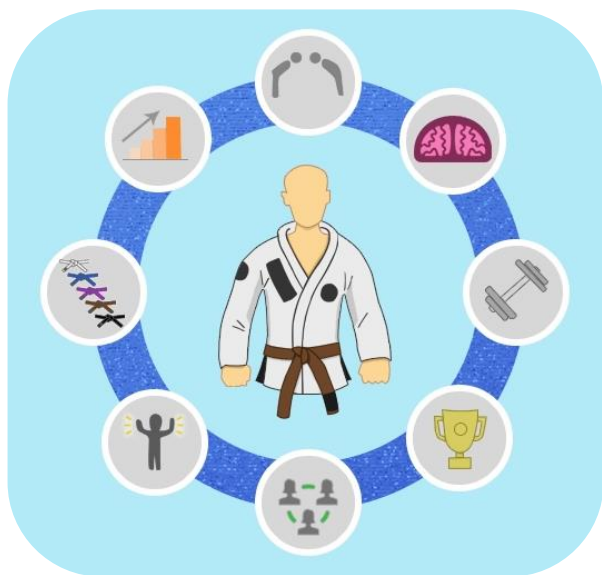
**0600 900 101**

**Amar Azizi, Ahmed Omerovic,  
Dion Gojanaj**

# ADVANTAGES

Grappling offers various **physical** and **mental benefits**. It's more than just technique; it improves **fitness** and overall **well-being**. Here are some key **advantages**:

- Increases strength and endurance
- Improves flexibility and mobility
  - Enhances cardiovascular conditioning
- Teaches effective self-defense techniques
- Builds discipline and mental resilience
  - Reduces stress levels
  - Boosts self-confidence
- Improves coordination and reflexes



# INTERVIEW OF OUR MMA FIGHTER - AHMED

## Why do you do grappling?

I grew up with my uncle, and back in his day, he was a professional grappler. I trained with him and enjoyed it, and now I train every day!

## What is good and what is bad?

The good part is when you're in a match, feeling the adrenaline, and you successfully choke your opponent—it's a great feeling. The bad part is when you attempt a takedown but fail to complete it.


## What was the best thing that happened in the after-school program?


It's hard to pick the "best thing," but maybe the support from the coaches and teammates is the best. It gives you a lot of motivation.




# WHO CAN PARTICIPATE?

Join us for an exciting experience in ground fighting and martial arts!

 **Where:** Gym of the school in **Root**.

 **When:** From **13/01/2025** to **01/08/2025**, every **Monday, Wednesday and Friday** from **16:30 to 19:30**.

 **Open to:** All students from **12 to 18 years old**, regardless of experience level can participate

**What to Bring:** Comfortable sportswear and lots of energy!

Don't miss out! For more information, contact us at **0600 900 101** or to

**GrapplingRoot@gmail.com**.

**Come and try – we're waiting for you!**

