

## **Get the best training for Kickboxing in Temecula CA**

At Dan Henderson's Athletic Fitness Center, we offer the best training for kickboxing in Temecula CA. With our specially designed kickboxing classes, you'll learn everything you need to from basic techniques, self-defense skills, and elite-level training. However, don't worry if this is your first time or your hundredth time, as we have classes for all experience levels to ensure you get the most out of our programs. We'll help you achieve your goals in a comfortable and safe environment.

## **Master the art of standup with our Temecula kickboxing classes**

Our kickboxing classes give you the opportunity to have a full-body workout, learn new and exciting techniques, practice specialist skills, and increase your fitness levels. At Dan Henderson's Athletic Fitness Center, all our instructors are former professional combat athletes and coaches, which means you get to benefit from the wisdom and experience of the best of the best. With our classes, you'll easily master the art of standup and become highly skilled in kickboxing in Temecula CA. There is no better place for you to learn than with us.

### **1. MMA**

Mixed martial arts, Mixed martial arts is a full-contact combat sport that allows the use of both striking as well as grappling techniques. It developed from various styles of martial arts to provide a more well-rounded set of self-defense skills and techniques for real-world situations. At Dan Henderson's Athletic Fitness Center, you'll learn from expertly trained instructors on how to perform MMA to the best of your ability.

### **2. Muay Thai**

Muay Thai is a martial art that combines boxing and kickboxing and is one of the most popular martial art styles in the world, with a growing number of people from all walks of life coming to learn this unique style. Muay Thai focuses on using power through forward-moving kicks that are executed at high speeds so you can defend yourself as well as stay fit. Our master classes contain everything you need to know!

### **3. Boxing**

Kickboxing is an activity that is a mix of boxing and martial arts. It is used competitively for exercise or self-defense purposes. Many different styles of kickboxing involve different punches, kicks, elbows, knees, and other body parts as weapons against an opponent for fighting purposes or otherwise. Kickboxing can be easy to learn even if you are a complete beginner, especially when you learn at Dan Henderson's Athletic Fitness Center, where you can get the best kickboxing in Temecula CA classes available!

## **Do I need to be fit to do Kickboxing?**

While some people may feel more comfortable in the beginning if they already have a level of fitness, it's absolutely not a requirement! In fact, due to the intense nature of kickboxing, a lot of people start kickboxing in order to get fit! Our specialist center for kickboxing in Temecula CA is the perfect place for you to get fit.

## **What training gear is required for striking?**

Different aspects of striking require different types of training gear as follows:

- Muay Thai - Boxing gloves and shin guards
- MMA - MMA gloves
- Boxing - Boxing gloves and optional head protective gear

If you have any questions about the above or anything else to do with Kickboxing in Temecula CA, just give us a call, and we'll be happy to help!

**What if I don't have the proper gear for training?**

If you want to start training with us but don't have the necessary gear, don't worry! At our fitness center, we have all the required types of gear that you can borrow if needed, and you can purchase your own gear through the fitness center as well. We want everyone to be able to join our community for kickboxing in Temecula CA, so we'll always have a solution for any problem you have.

**I want to fight. When can I fight?**

At Dan Henderson's Athletic Fitness Center, we have special and expertly designed classes to teach the best methods and techniques for fighting. Therefore, we don't have a quick and easy way. Rather we ask that you take the necessary time to learn to defend yourself, learn the basic martial art skills, and let us help you get in the best shape and conditioning possible first.