

IMPACT REPORT

Salford Mixed Martial Arts

2016-2017



Salford Mixed Martial Arts runs classes for children of all ages from Little Ninjas learning hand/eye coordination and being active to adults training in MMA and fighting in international competitions. Get involved in fitness, training and a healthy lifestyle through martial arts.



1. Children and young people improve their health and behaviour by attending classes and training at Salford MMA. We give them a focus which keeps them occupied and they build discipline and skills.

2. We actively encourage volunteers at the club, long term members and new members pitch in to help with maintenance, experienced martial artists help with coaching and when we expand the premises the tradesmen's skills of our members will be utilised to undertake some of the works.

3. For competitions that take place around the country we usually enter 4 or 5 children and young

"Salford MMA is top class friendly environment with the best teachers who push you and make you feel very welcome. Such a good friendly family orientated crew, I absolutely love it."

people. Competitions include kick boxing, wrestling or mixed martial arts. Our young members have won medals at tournaments, but above all we ensure those who enter have fun and a positive experience. Leading up to competing we focus on a goal which is a great discipline they can use in other areas.

4. Here at Salford MMA we have built a community around the sport which supports our

extended family of martial artists by gaining skills and boosting each other's confidence in the gym. We pull together to take care of situations when life can be a struggle.

"My daughter goes to Little Ninjas, great fitness and discipline for youngsters. I've also recently started beginners Striking classes, love each class. The lads work me hard. Wish I had more time to attend more classes. Don't just think about joining, just do it!!"

5. Self-confidence always grows when children and young people engage with Salford MMA. Their self-awareness grows so they are more able to be independent and confidently walk through life.

6. 50 adult members and 30 children attend the gym. We have a sprung matted area that is unique for the region - this reduces the impact and chance of injury. We have padded walls, a strength and conditioning area and a 22ft caged training area.

7. We are excited to begin expanding the gym this year - we will have another room with the addition of functional training equipment. We'll also have weight training and cardio vascular equipment, battle ropes and tyres and will be running more classes. We will continue to develop the coaches in the club, which in turn we will raise the standards for our members and keep our aspirations moving forward.