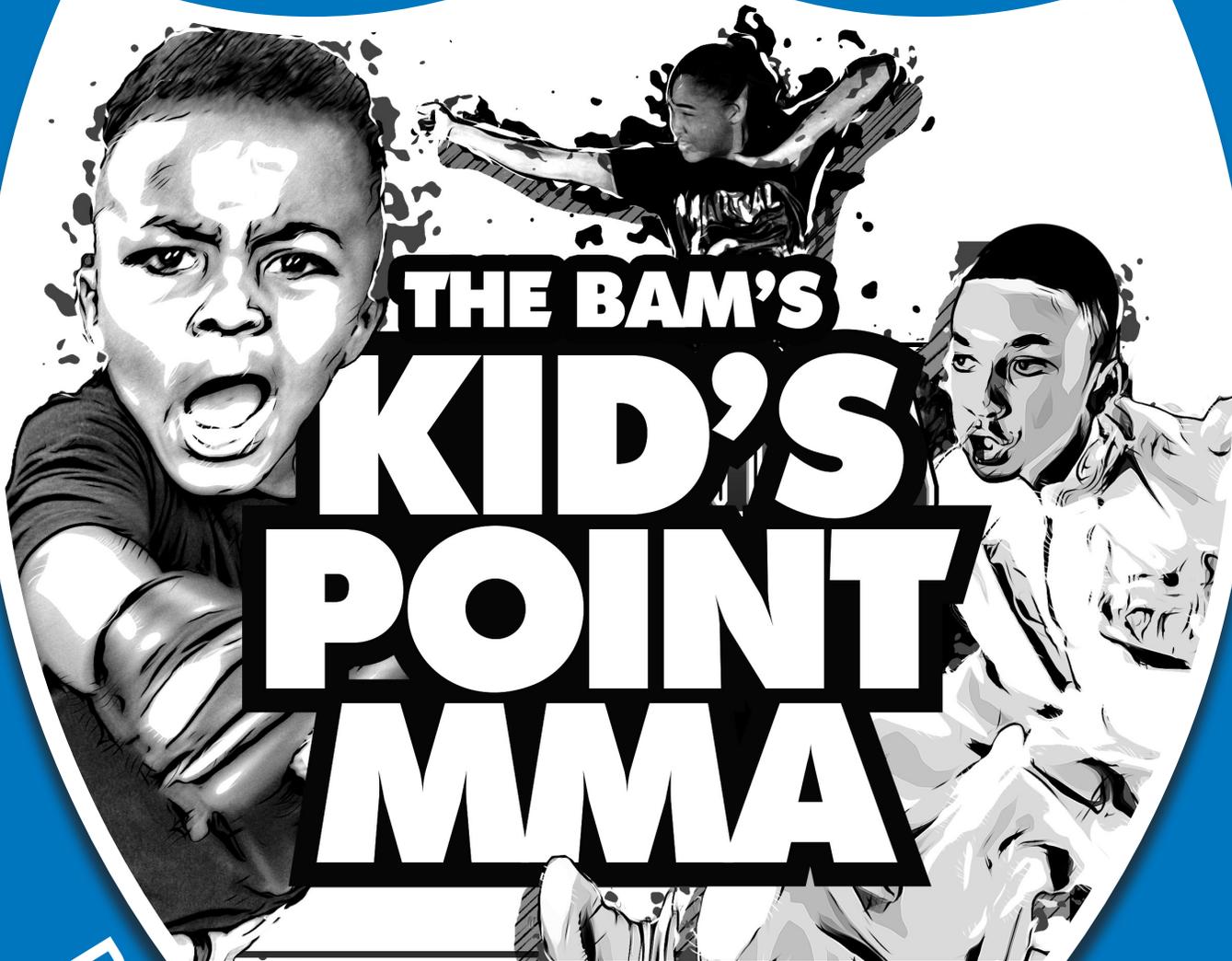


RESPECT

SAFETY



THE BAM'S
**KID'S
POINT
MMA**

37 SKILLS

DISCIPLINE

NUTRITION





KID'S POINT MMA WARRIOR MINDSET CLUB

GO TO OUR FREE ONLINE SUPPORT SITE AT POINTMMA.COM

You'll get answers to the most frequently asked questions with cool, fun, exactly accurate answers and ideas.

This is you and your parents' support club.

Get the most out of your kit!

Your on-line support site is free and built exclusively for the Kid's Point MMA Warrior Mindset members. Just login at PointMMA.com and get exclusive information by entering your access code. Your code can be found on the inside cover of the manual.

LET'S GET TECHNICALLY READY!





WHAT IS INCLUDED IN THIS KIT:

6-week Guide

6-week Progress Chart of 37 Chamber Techniques

Private social medial group to chart progress and get coaching tips

37 Chamber Techniques with an online code to stream on your mobile device

A YouTube Point MMA Warrior TV channel for the best references of training, competition and tips

Certificate of completing the 6 weeks

Magical workout beats

Enter the social medial community within 30 days of your purchase and enter your chance to achieve the exclusive Point MMA Warrior Mindset T-shirt





WELCOME!

Welcome to the Point MMA Warrior Mindset! Our names are Willie “The BAM” Johnson and Kimber Johnson and we are the creators.

You are beginning your journey down the path of today’s best conditioned martial arts warriors. They have been training their whole lives to master each discipline of Point Mix Martial Arts by first making a commitment like you to set a goal to make progress. Continuously test yourself against the very best in the world every time you use this kit. Each time you will be better than the last time you used this book. So, we want to welcome you and your family to the safe world of Point MMA Warrior Mindset. No tap out, no knock out, the ULTIMATE workout.

You can print and keep the pictures of your process or film it along with your 6-week progress chart and post them to our private social media group.

Sincerely,

The BAM and Kimber Johnson





ARE YOU TECHNICALLY READY?

No knockouts, No Tap outs, No Ground and Pound, and absolutely no head contact. Are you technically ready? Self-control is about being able to execute perfectly placed technique without making contact.

Light to medium contact to the body.

As competitors grow in age, contact does increase.

Street MMA – all elements are taught and how to counter them in this program, promoting healthy, wholesome lifestyle for our children

Nowhere near what you see in the UFC ring. This is point sparring that allows take downs, sweeps and no striking once on the ground. You get 5 seconds to execute ground techniques (mount and guard) once on the ground.

THE POINT MMA PRINCIPLES

POSITIVE ATTITUDE

OUTSTANDING CHARACTER

INDIVIDUAL EXPRESSION

NEVER-ENDING IMPROVEMENT

TECHNICALLY READY (Picture inside the star)

MOTIVATION FROM THE INSIDE OUT

MINDSET OF A WARRIOR

ATTITUDE IS YOUR GRATITUDE



COMPONENTS

KRAZY MARTIAL ATHLETIC FITNESS CHALLENGE

“It’s not about the trophy, medal or money. It’s about the self-mastery from within. It’s the only thing that defines the real winner in you. It’s you against you in a state of serene peace as you come face to face with the true you in every callisthenic challenge along the way. Fear is your friend, quitting is not an option, fatigue is nothing but motivation and obstacles are merely stepping stones. The victory is yours and only yours, because you stay true to you. Pushing on past all things negative, fighting to turn all past defeats into today’s successes. This win is bigger than defeating them.”

The Krazy Martial Athletic Fitness Challenge can be viewed as one of the fitness training components that helps the athlete train for Point MMA, or it can also be a stand-alone component. Any athlete can quickly jump into the Krazy Athletic Fitness Challenge and test themselves against others, but most importantly, themselves.

POINT MMA

Point MMA embodies the traditional martial arts with a modern approach. It takes all of the excitement of Mixed Martial Arts but allows everyone to participate without the fear of the injury. Point MMA values control and safety over brute force.

Point MMA will truly let your style stand out because the emphasis is on clean technique. “Are you technical ready?”

Point MMA differentiates itself from most other programs that you will find because it is a complete program. Point MMA is so much more than the competition aspect. There are detailed curriculums that start off with the absolute beginners and progress up to expert.

Point MMA is truly a family sport, allowing the kids as well as adults to jump right in.



BENEFITS

SAFETY

Safety is of the utmost concern in Point MMA. Everything from curriculums. Equipment, instructor and referee training and competition rules have been honed to make sure that safety is the highest priority.

TECHNIQUE

Above all, technique is stressed in training and competition. With the emphasis shifting away from power, technique is king in Point MMA

FITNESS

You have to bring your “A Game”. Train with Krazy Athletic and Point MMA and you’ll be ready to push through to new heights.

UNITY

Bonds grow stronger through common experiences. Point MMA Krazy Athletic is something that every member of the family can participate in. Competitors will quickly gain each other’s respect when pushing themselves in such a fun, safe environment.

CONFIDENCE

Everyone develops confidence by seeing progress with every session. Competition is designed to be safe, exciting and fun to further bolster confidence.

RE-ENERGIZE STUDENTS

School owners can augment their traditional martial arts with the hottest Sport in the world, while highlighting the techniques of their own martial arts style.

EXCITING EVENTS

Immediately infuse excitement into each event. Any fitness minded person can walk into the Krazy Athletic Challenge and be pushed to their limits. Point MMA competitors can come from any discipline to show the strengths of their style.

WARRIOR MINDSET FOR DAILY LEARNING

You will learn to condition yourself mentally to overcome any obstacle. Whatever is thrown your way in life, you have the confidence and preparation to maintain control and navigate your way through the situation.





POINT MMA 37 SKILLS

ARE YOU TECHNICALLY READY?

NO TAP OUT

NO KNOCK OUT

The most secret place is the inner dojo, that temple from within that holds that authentic morsel of truth, your truth, your testimony of life. Point MMA Krazy Athletics is the vehicle used to express that truth.

These simplified skills and techniques are the foundation to expressing ones self and the competition is your testing ground. The art of being technically ready and functional under competitive pressure in the ring and out to over come those inner obstacles that prevent us all from being technically ready.

You should be your toughest motivator and critic realizing that the ultimate defeat or betrayal is to settle for anything less than being technically ready. 37 Chambers is all about preparing for the obstacles in life and the ring in order to succeed.



MASTER THE 37 SKILLS

PROGRESS CARD

1. Frog Set Meditation – Breathe in and out slowly and only think about the breath, be in this moment 3-5 minutes
2. Ebay, at ease, Nisong – Power stance, continue positive body language
3. Bow - Open – be open, Knowledge – knowledge is king, Unity – stay united with parents and leaders, Open – stay open regardless of your knowledge, Respect – everything begins and ends with respect
4. Tuck Jump
5. Cannon Ball – Burpee
6. Push-ups
7. Squat Kicks
8. V-ups
9. Stance – Boxing
10. Stance – Point
11. Stance – Wrestling
12. Stance – Jujitsu
13. Like the rhythm hit them footwork #1 – forward, back
14. Like the rhythm hit them footwork #2 – front side step, back side step
15. Like the rhythm hit them footwork #3 – angle step, triangle step
16. Boxer Hands - Jab
17. Cross
18. Lead Hook
19. Upper cut
20. Point Fighter Hands – Back Fist
21. Reverse Punch
22. Ridge Hand
23. Kick Boxer – spin back fist, spin back fist
24. Superman reverse punch
25. Front snap kick
26. Side snap kick, front thrust kick
27. Lead round kick
28. Lead axe kick
29. Forward roll kick
30. Cartwheel kick
31. Guiti sweep
32. Front sweep
33. Mount front and side
34. Knee to belly
35. Rhythm Flow – Boxing, point, wrestling, jujitsu, jab, cross, hook, upper cut, spinning back fist, spin back fist, reverse punch, back fist, ridge hand, push off, superman punch, front snap kick, sam- side snap kick, same round kick, cartwheel kick, turn other way forward roll heel kick, turn other way guiti sweep, same front sweep, front mount, side mount, knee to belly.
36. Champion stretch, hurdle, height, butterfly, twist, turn knee spread, ankle, stand head to knee, full split and side split
37. Bow out and say, “See Ya”



GRADING CARD

	Point MMA Principle:	Class Steps	Cardio and strength workouts	Stances	Footwork	Hands	Kicking and Additional Moves		
Day 1	Positive Attitude	1, 2, 3	4, 5, 6, 7, 8					Week 1	
Day 2		1, 2, 3	4, 5, 6, 7, 8						
Day 3	Outstanding Character	1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12				Week 2	
Day 4		1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15				
Day 5	Individual Expression	1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16, 17, 18, 19		Week 3	
Day 6		1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22			
Day 7	Never-Ending Improvement	1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22	23, 24, 25, 26	Week 4	
Day 8		1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22	23, 24, 25, 26, 27, 28, 29, 30		
Day 9	Technically Ready Motivation from the Inside Out	1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22	23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34	Week 5	
Day 10		1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22	23 – 37		
Day 11	Film and post your progress	1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22	23 – 37	Week 6	
		Celebration and prepare for graduation day							
Day 12		1, 2, 3	4, 5, 6, 7, 8	9, 10, 11, 12	13, 14, 15	16 – 22	23 – 37		
	Celebration and reward yourself Submit copy of chart, footage and testimonial video Wait for your T-shirt and Ambassador Certificate of Completion								





HIT US WITH YOUR BEST TECHNICALLY READY SHOT

KID'S POINT MMA WARRIOR MINDSET

Be sure to take before and after pictures of your best technique. It is a great why to keep you motivated

Share your transformation with us and you may even appear in one of our mixtapes or add.

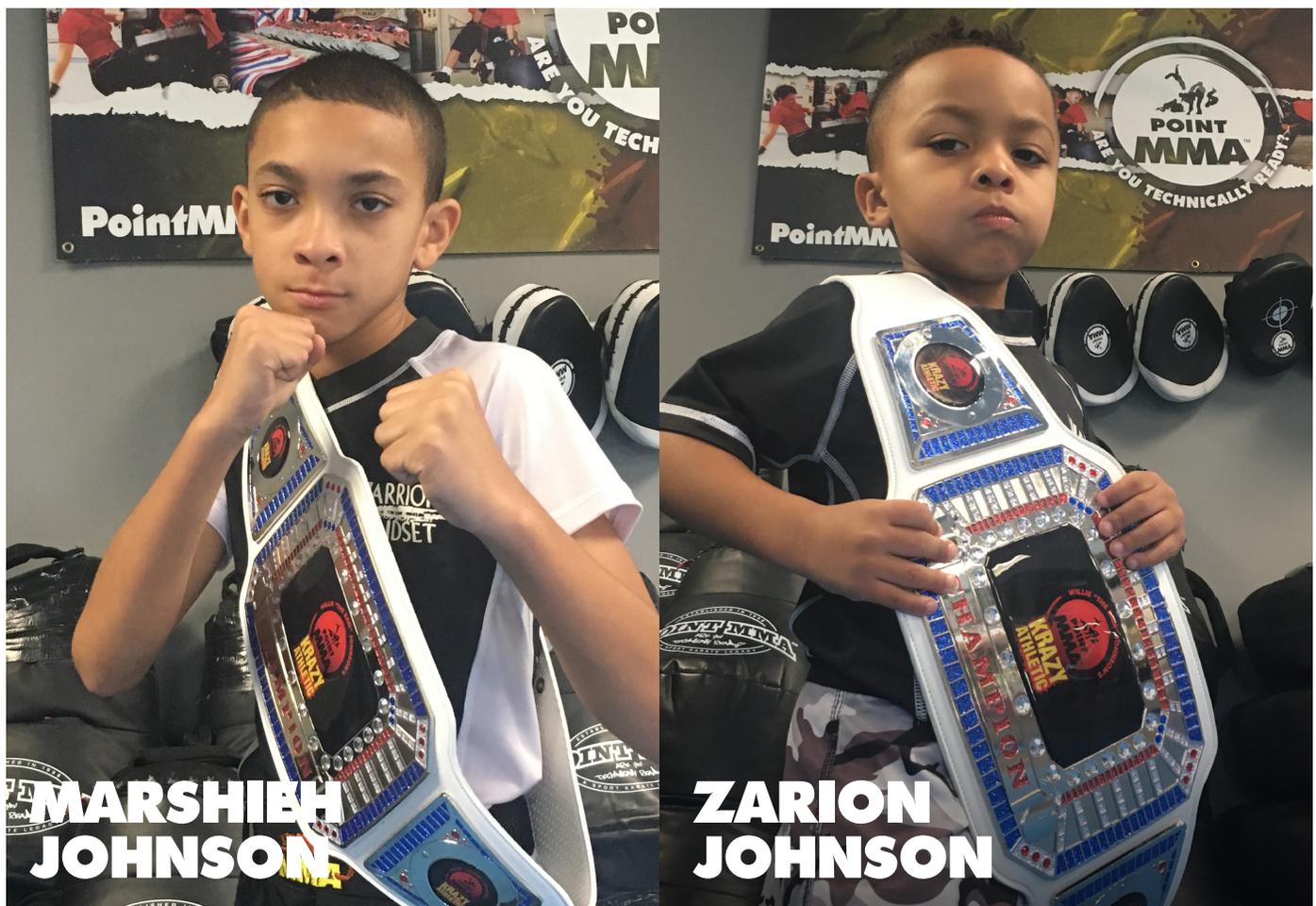
Saved your photos or video to:



CONNECT WITH YOUR COACHES ON POINTMMA.COM GET TECHNICALLY READY

Now that you are a part of this Point MMA movement, we have simple advice to help you reach your goals.

- A coach is skilled where you are; they are achieving great results from this same kit
- Your coach will help you stay motivated. You will be able to keep in touch online, over the phone or at a Point MMA event
- It's free; it costs you absolutely nothing
- So, what are you waiting for?



**FOLLOW THE BAMS BOYS
ON YOUTUBE AND INSTAGRAM!**



A SPECIAL OFFER TO POINT MMA WARRIOR MINDSET KIDS FREE POINT MMA LESSONS!

KID'S POINT MMA LICENCEE FORM

Student Name: _____ Date of Birth: _____

Your Name (if signing for a child): _____

Locator at: _____

Address: _____

City: _____ State: _____ Zip: _____

Mobile Phone: _____ Can we send text messages? Yes No

Home Phone: _____ Business Phone: _____

Email Address: _____

Facebook Address: _____ Instagram: _____

Do you have any martial arts experience? Yes No

If yes, please describe: _____

Learning Objectives: (Circle as many as may apply)

- | | | |
|---|--|--|
| <input type="checkbox"/> Self-control | <input type="checkbox"/> Weight loss | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Better balance | <input type="checkbox"/> Flexibility | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Self-defense | <input type="checkbox"/> Increase muscle | <input type="checkbox"/> Meet new people |

Please write the most important benefit you'd like to achieve from our program:

Please answer the following questions to see if we have a program that is right for you.

1. Do you (or your child) usually finish what you start?
2. Will you be living in the area for at least one year?
3. Are you in good health with no physical problems?
4. Is there any reason that you can't have lessons twice a week?
5. Can you afford to budget approximately \$169 to \$200 a month?
6. Do you have a place to practice what you learn?
7. Are you willing to set a goal to develop your mental discipline and physical fitness?

Top Three Goals

1. _____

2. _____

3. _____

Top Three Obstacles

1. _____

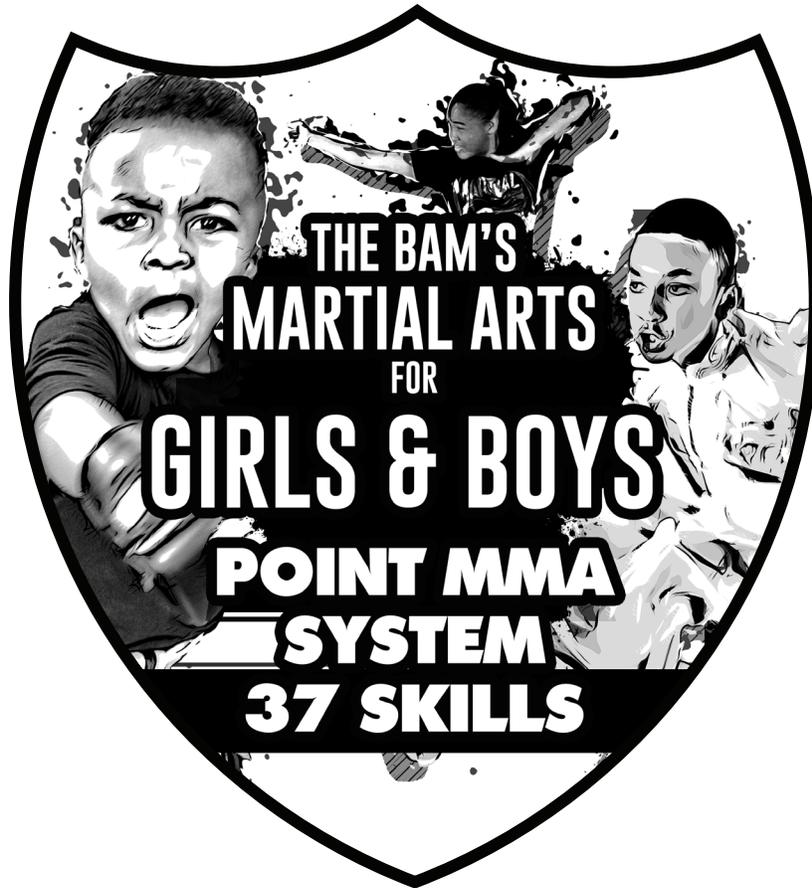
2. _____

3. _____

Waiver: I recognize and acknowledge that there is a known risk of injury involved in the participation of any martial arts and or kickboxing program. I agree to assume this risk and agree that Point MMA Krazy Athletic, Professor BAM and all persons participating in the instruction/management at Point MMA Krazy Athletic will not be held liable for any and all damages or injuries caused by the use or practice of any of the techniques presented in the classes. I understand also that I, or my child (if signing as a guardian) do not have to participate in any activity or training exercise that I do not feel is in my best interest. During the course of any period of training with Point MMA Krazy Athletic. I authorize the use of any photos of myself/my child and do not expect any form of compensation in return at any time. I also understand that there is no chargeback permitted or refund of my 6-week special trial. I fully understand that I am committed to the 6 weeks and payment is due in full with no refund or chargeback permitted.

Signed: _____ Date: _____





**DARE TO BE
GREAT!**

**ARE YOU
TECHNICALLY
READY?**

The exercises provided by The BAM's Martial Arts Training for Boys & Girls Point System of 37 Skills are for educational and entertainment purposes only, and is not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation. The BAM's Martial Arts Training for Boys & Girls Point System of 37 Skills disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.