

13 years -Adults

MMA FUNDAMENTALS 101

**CURIOUS ABOUT MMA BUT
NOT SURE WHERE TO
START?**

Start Strong. No experience needed.

This 90-minute beginner seminar is designed for teens and adults with zero to little experience who want to learn the fundamentals in a safe, supportive, and high-energy environment. No pressure. No ego. Just a great first step & portal into a regular class!

MAY 16, 2026

10:00-11:30 AM

\$25/PERSON



BOOK NOW

QR Code for more information and the link to registration

GRIT MMA

16101 SE McLoughlin, Milwaukie, OR 97267

