



**2485 Stockton Street, Napa  
www.MainStreetMartialArts.com**

## **Competitive Mixed Martial Arts Submission “Cage” Fighting**

**One of the fastest growing sports in the world is MMA. UFC fights are the highest grossing pay per view programs on television.**

**Now, at Main Street Martial Arts, we offer UFC style of instruction for those interested in training like a UFC fighter or actually competing in cage competitions.**

**The senior instructor, Chris Thomas, has been involved in multiple styles of fighting and martial arts for 20 years and has trained extensively with the Shamrock’s, both Ken and Frank, as well as many other top names in martial arts.**

**We take great pride in providing a safe environment for those training at our facility. We encourage each athlete to purchase their own safety equipment (which we can provide for you) or use our “loaner” gear that we keep on hand at the studio.**

**Come down and try a FREE CLASS any Tuesday or Thursday from 7:15 - 9:00 pm. Wear either sweat pants, shorts and a t-shirt and prepare for one heck of a workout!**