

**“What to expect and  
How to excel fast in our  
Martial Arts programs”**

**MMA-BJJ-Kickboxing  
Adult-Youth and More!**



**Hi!** My name is Luke Rinehart. I am the owner of the Clinch Academy and am excited that you are interested in our programs! I have been training in Martial Arts for over 25 years and teaching for about 15 years. When I was a child I earned 2 Black Belts in Tang Soo Do and as an adult I have earned a black belt in Self-Defense Tactics which included a mix of wrestling, jiu-jitsu, kenpo and kickboxing. I also recently (October 2011) just received my 2<sup>nd</sup> Degree Black Belt in Brazilian Jiu-Jitsu! Martial Arts has always been a passion of mine and I want nothing more than to be able to share that passion with you. Let me start by telling you a little bit about our Academy.

Our Academy has somewhat of a “No tough guys allowed” policy. While we have proven to have some of the toughest fighters in the area, we check our egos at the door. The Clinch Academy is not a wanna be tough guy type of gym but a Professional Combat Sports Academy. We teach and instruct you in the most effective martial arts on the planet while also teaching you how to apply them to your everyday life. We have everything from mainstream Professional MMA fighters, top level BJJ competitors to stay at home Mom’s who train here and I have learned that the majority of the people are not here to compete professionally. Don’t get me wrong, in Frederick and the surrounding area’s no one has even come close to achieving what we have competitively. We do train and produce top level fighters and competitors but most people just want to come in, get a great workout, learn and excel in their art and make new friends. Since I have trained in Martial Arts for so long I know that Martial Arts has much more to offer than simply self-defense and competition. It is important to know how to defend yourself and it gives great experience to be competitive but Martial Arts also produces character than can have a positive effect on your whole life. This character starts with checking your ego at the door. The Clinch Academy offers a professional environment with professional instruction as well as professional athletes. There is no reason to be nervous about visiting our school. We welcome you to come. Whatever you need we can provide it for you. We have classes for those who want to be fighters or competitors and we have classes for those who just want a life changing hobby.

Hopefully this gives you a feel for what type of atmosphere we strive to maintain. I am confident that you will enjoy it and find it inspiring. Now I want to get into some of the more specific details regarding our various programs. I will go through some details of all of our various programs so if you are not interested in all of it but just one or two specifically here is the order I will use if you want to skip down.

1. Adult Mixed Martial Arts
2. Adult Brazilian Jiu-Jitsu , Submission Grappling and Wrestling
3. Adult Kickboxing
4. Youth Mixed Martial Arts and Self-Defense
5. Lil’ Warrior’s



## Adult Mixed Martial Arts (MMA)

MMA is one of the fastest growing sports in the world right now. MMA has been made popular through the main stream TV show "The Ultimate Fighter" and continues to get more and more exposure through the Ultimate Fighting Championship. MMA is a combination of all the most effective martial arts rolled into one. Mainly consisting of Kickboxing, Wrestling and Jiu-Jitsu, MMA is sure to increase your confidence. Not only does MMA offer you the best techniques in combat sports but it is also one of the greatest forms of exercise you can experience. MMA practitioners are constantly using their whole body and working every muscle while training in the various techniques. It is also an incredible fat burning cardio workout! If you are interested in learning to fight and get in great shape MMA is the class for you.

### We offer 2 types of MMA training.

#### 1. MMA 101

a. First you must "learn to fight". Our MMA 101 class is all about building your technical foundation. You are not training for fights in this class but learning and drilling the moves while getting a great workout as well.

b. You don't need any experience at all to take this class. You will be learning everything from Kickboxing, Wrestling and Brazilian jiu-jitsu all in this class.

c. We have two levels in the MMA 101 class.

1. Level 1 = 0-6 months of training = White level

2. Level 2 = 6-12 months of training = Blue level

#### 2. MMA Fight Team Training

a. Once you have completed 12 months of training in the 101 class and have "learned to fight" you may be invited to our fight team training class where we "Train to fight" if you wish to compete. If you do not wish to compete you can continue to train in our 101 class which will have much to offer you for many years past your first 12 months. If you do move to our fight team training class you will be eligible to begin training for your first Amateur match after 3 months. After 6 amateur fights you may be eligible to go pro!

b. "Training" to fight is much different that "Learning" to fight. People say they want to be fighters but most of those people don't have what it takes to train for a fight. Therefore they never excel. It is one thing to learn the moves and get great exercise but knowing moves and getting great exercise **IS NOT ENOUGH** for a fighter! You have to own the moves by countless hours of sparring and be able to survive the toughest conditioning workout you have ever dreamed of to even think about becoming a real fighter.

c. Fight Team Training is not for everyone. It is for those who truly have the desire to train hard and to commit to their goals for better or worse.

## Common Questions for MMA 101:

### 1. What gear do we wear?

Shorts, Clinch Rank-T-shirts, MMA gloves, mouth piece and cup

### 2. When are the MMA 101 classes held?

Monday and Wednesday from 5:30-6:30 is the instruction and Open Mat last until 7pm.

### 3. How old do you need to be to take this class?

At least 14 years old



## Adult Brazilian Jiu-Jitsu, Submission Grappling and Wrestling

Brazilian Jiu-Jitsu or BJJ was first made popular by the Gracie family in the early years of the Ultimate Fighting Championship. Royce Gracie was a slim 170lb Gracie or Brazilian Jiu-Jitsu fighter who took the Martial Arts world by storm when he was able to submit all of his opponents in the first few UFC's without getting a scratch on him. It didn't matter how big they were, Royce was able to use his Jiu-Jitsu to control them positional, wear them down and get them all in a submission hold. That is the point of BJJ, to submit your opponent with a choke, arm lock or leg lock. BJJ still is one of the main pillars of MMA but has also become an evolved sport of its own. Those who train in BJJ are sure to learn some of the most effective Self-Defense Techniques on the planet as well as how the sport can help bring change and value to your life. Like MMA, the practice of Jiu-Jitsu also helps develop an incredible health and fitness lifestyle.








Submission Grappling is another form of Jiu-Jitsu but it is practiced without the Gi (uniform). Some prefer to practice one way over the other but they each offer similar techniques. With the Gi you actually have more techniques available but without the Gi you learn to control and submit your opponents without relying on the Gi to hold them down.

Wrestling is also another form of Grappling that we teach at the Clinch Academy and is also one of the main pillars of MMA. While Jiu-Jitsu offers a much more in-depth ground game, Wrestling offers superior takedowns. The combination of Wrestling and Jiu-Jitsu will turn you into a superior grappler on all levels.

## Brazilian Jiu-Jitsu 101

BJJ 101 is one of our most popular classes. It is a very structured class that works on a set curriculum of techniques. The techniques presenting in the curriculum are beginner level techniques that are often modified and adapted to the group in attendance. While it is a beginner level class many of our advanced students enjoy this class as well and are given the technical knowledge and strategies to continue advancing in this class. Expect a good warm-up, technique practice and grappling drills.

Practitioners of Brazilian Jiu-Jitsu will work through a belt ranking system that works like this:

	White to Blue = approx 1 year and a half
	Blue to Purple = approx 2 years
	Purple to Brown = approx 1.5 years
	Brown to Black = approx 1 years
	Stripes on Black Belts are rewarded approx every 3 years up until 3rd stripe and then every 5 years.
	
	

**\*\* This system is based on a 5 hour per week BJJ training program. Depending on how many hours per week you train, this system can vary to more or less. \*\***

Other than BJJ 101 we also offer

1. "BJJ Light" which is welcome to all adult ages but caters to ages 35 and up with its light technical focus. It is not a competitive class and allows for you to practice BJJ without worrying about getting injured or training competitively.
2. "BJJ Mixed" which is just a mixed level training class that focuses a lot on drills and active learning.
3. "Advanced Grappling" is a class that is available for both BJJ and Submission Grappling students who are Blue belt level and higher only.
4. "Competition Team Training" is a class time set aside for those who wish to compete and or help others train to compete. You must have at least 3 months of training to participate.

## **Submission Grappling**

Our Submission grappling system is run like our Brazilian Jiu-Jitsu only you do not wear a Gi or uniform in the class. We do wear the ranking shorts to distinguish your belt level along with a rash guard or t-shirt. The belt system is pretty much the same as the BJJ belt system only instead of actually wearing a belt, your belt level is indicated on your grappling shorts. All levels are welcome to this class.

Students who are blue belt or higher are also invited to our "Advanced Grappling Class"

Students who have at least 3 months of experience can also participate in "Competition Team Training"

## **Wrestling**

Our wrestling program is currently a bit of a side program. We offer it once a week and it is hosted by some of our professional MMA fighters who have very strong wrestling back rounds. These guys aren't always available to teach the class so you have to stay in the loop as to what is going on with the wrestling program. If you are looking to improve your takedowns or to work real hard to prepare for wrestling for competitions this is a great class for you to get involved in. There are no rankings or level graduations in wrestling.

## **Common Questions Regarding Our Grappling Classes:**

### **1. What is a Gi?**

A gi is simply a uniform worn in the BJJ class that reinforces your ability to grab, control and submit your opponent.

### **2. Other than not wearing the Gi, how does the Submission Grappling class differ from the BJJ class?**

Since you don't wear a Gi in Submission Grappling it is a little faster paced. You are a little more slippery and have less to grab hold of so the techniques do vary because of this. The takedowns are bit different and how you grab and control your opponent is different as well. This opens up different varieties of techniques that you wouldn't see in BJJ just as in BJJ you will see a lot of techniques you wouldn't in Submission Grappling.

### **3. Is it better to train with or without a Gi?**

It depends on your goals. If you want to compete in Brazilian Jiu-Jitsu you would certainly want to train in a primarily with a Gi. If your objective is to be an MMA fighter or to compete without a Gi than no-gi is how you should train.

I have also found that training both ways have their own advantages and it can also be helpful to sometimes cross train. Training with a Gi teaches you great, defense, posture and step by step technique due to its level of control and vulnerability. No-Gi teaches you to Clinch, scramble and loosen your game up a bit with its fast pace. This can be helpful in both worlds but generally speaking, if you want to compete with a Gi, train with a Gi.

### **4. What if I don't really want to compete? Which grappling class would be best then?**

Nobody has to compete. It is a matter of preference at this point. Which do you think you would enjoy more? Which class works best with your schedule? You are welcome to try both to get an idea. I personally would probably choose BJJ in this situation if possible because even if you don't want to compete there is something about putting on a Gi and earning different belts that is rewarding and satisfying as a martial art.

### **5. Do you do any striking at all in these classes?**

The only striking done in any of these classes is in our BJJ 101 class where we are learning to defend against common strikes for the use of jiu-jitsu in self-defense. This is not practiced in a manner that would hurt anyone.

### **6. How old do you need to be to take this class?**

Our BJJ 101 class begins at age 12. All other adult classes start at age 14.

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## Kickboxing

Kickboxing is about using your hands, legs, knees and elbows to strike your opponent with the ultimate goal of knocking him out. We don't practice in class with this mentality but we learn how to use our limbs to attack and strike with various combinations, defenses and counters. We do a lot of pad work and various sparring drills depending on your skill level and interest. Kickboxing is another great form of exercise due to its intense pace. The class is pretty self-paced in learning and offers all you need to be a great stand-up fighter or to just get in great shape!

**We have a 3 level ranking system in our Kickboxing class.**

White (Level 1) = 0-6 months training

Blue (Level 2) = 6-15 months of training

Red (Level 3) = 15 months and up

Generally you won't do any type of sparring except *\*tip tap sparring* until you are a Blue Level student.

*\* Tip tap sparring is so soft that we don't even wear pads for it. There is no danger involved in Tip Tap Sparring.*

No one has to spar at all if they don't wish to but none can until they reach Blue Level. In the beginning you will focus on learning how to stand, move, defend and use all the basic strikes. You will get great exercise while increasing your ability to perform these strikes through pad work training. This is when partner up with someone who holds the hand pads or thai pads for you to practice your strikes on.

As you progress in rank you can increase the type of drills you participate in.

If you are looking for an incredible workout, good stress reliever, or the ability to defend your-self on your feet, than this is a great class for you!

If you are looking to really fight or compete in Kickboxing than you will be invited to train in our "Competition Team Training" for serious fight training when you reach the Red Level.

## Common Questions for Kickboxing:

### 1. What kind of gear do I need?

14 oz kickboxing gloves, Shin guards, mouth piece, cup. Wrist wraps are optional. *All equipment is available at the Clinch and is not necessary to purchase for your free trial.*

### 2. Will I get hurt?

You are probably least likely to get hurt in this class than any of the other classes. It is not necessary to spar if you do not like and that is pretty much the only time you could possibly get any kind of real injury in this class.

### 3. When is the class?

Kickboxing is held on Tuesdays and Thursdays from 6:45-7:45p.m.

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# Common Questions about all the Adult Programs:

## 1. How does the FREE Trial work?

Everyone gets a one week FREE Trial. That means you can come in and explore any of our classes for one week free! This will help you decide which classes you like the best and what works best with your schedule. This will allow you to make a better decision about which membership you would like to join.

Also if you bring in a Friend during your Free Trial you will get your \$20 registration fee waived when you sign-up. If they sign-up they will get their fee waived as well!

## 2. How do your memberships work?

We offer several different memberships to help suite your needs. We have both non-contract and contract memberships available. When deciding what kind of membership you would like you also have the option to choose how many classes per week best suites you.

## 3. Do I have to sign a Contract?

No. We offer both non-contract and contract memberships.

## 4. Say my schedule changes and I can't make the same classes every week. Can we mix classes?

Yes. You are signing up for a certain number of classes per week and you can mix your classes up any way that works for you.

## 5. Is open mat time a counted as a separate class or is it free?

The only time open mat is considered a separate class is on Saturdays. When you come to open mat on Saturday you are using it as a class. Open mat after BJJ, MMA and submission grappling class is FREE!

## 6. Do I have to be in good shape to come to class?

No. You come here to get in good shape. If you are not in good shape then you can pace yourself accordingly. You will not be looked down upon but encouraged for your effort. We are here so you can better your life and make getting in shape fun! If you wait to get in shape to come, we will probably never see you!

## 7. What makes Clinch Academy stand out?

1. Our willingness to help one another grow and excel. We are not a gym environment where everyone is trying to get one up on the other. We are a team of people who work together, share ideas and help one another reach goals.

2. We have been in business for over 10 years.

3. We have Black Belt instructors teaching our classes as well as professional level competitors who attend.

4. We also cater to the everyday warrior who doesn't want to compete but is looking for a positive environment and group of people to connect with that can help them grow in life.

5. We have a very professional and family friendly environment.

6. We have a passion for Martial Arts that we want to share with you and it shows through our instruction.

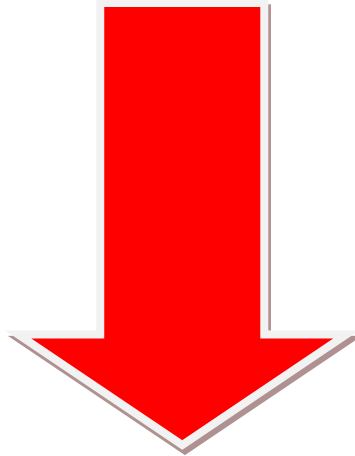
7. We help you grow as martial artist in life as well as on the mat.

8. We are not a business that is money driven. We offer great programs, great instruction at great prices!

9. We have always maintained a good name and reputation in the community.

10. We have been known as a second home for our members.

**Continue Reading for our youth programs!**





## Youth Mixed Martial Arts

The 3 Pillars of our Youth MMA Class are the arts of:

- \* Kickboxing
- \* Wrestling
- \* Jiu-Jitsu

Students of the class will learn to excel in all three art forms and combine them together to have a well rounded Mixed Martial Arts foundation. The reason why we offer MMA for the youth is because we feel it gives the Children a well rounded skill set in different martial arts which allow them to defend themselves fully. It will also help the children to decide in the future whether they would want to continue training in MMA or possibly focus in on one of the 3 Pillars of MMA when they move up into the Adult Programs. Here is a look at what the different focus is of each art.

### Kickboxing

Kickboxing is used to learn how to effectively stand, strike, and defend while on your feet. Students will be learning how to execute and defend hand, elbow, knee and leg strikes.

### Wrestling

Wrestling is used to gain the advantage on the feet by closing the distance and clinching with your partner. The clinch can then be used to control the fight against a wall or cage (in MMA) and to take the fight to the ground using various takedowns.

### Jiu-jitsu

90% of all real altercations end up on the ground. Jiu-Jitsu gives it's practitioner a clear advantage using positional control and submissions to win the fight. Due to its technical dominance, Jiu-Jitsu also teaches you that you can effectively win a fight without ever having to hurt anyone.

### Mixed Martial Arts

Mixed Martial Arts is the combination of all the most effective martial arts in one. The 3 arts listed above have proven themselves and are considered to be the most effective arts in hand to hand combat. Although Mixed Martial Arts is one of the fastest growing sports in the world right now it also offers a very practical form of self-defense.

## Here are answers to some common questions you may have:

### 1. Is MMA safe for my child?

Yes. I will agree that the sport itself can be quite violent at times but I can assure you that we do not practice violence in our youth MMA program. We look out for the safety of every child who trains here. Proper protective gear is a requirement to help keep your child safe. The youth also have more rules in place to help keep them safe. Just as in any sport, your child will get there bumps and bruises but our coaches are here to make sure they are practicing safely. We do not teach our children to be bullies with Martial Arts but practice and encourage humble and non-violent attitudes. Our youth MMA program is not about making each kid the next best MMA

fighter in the world but about teaching kids through the practice of MMA, self-defense, how to compete in a healthy way, and how to apply the virtues learned to everyday life.

## **2. What do they wear?**

Although Gi's or uniforms are not worn in MMA the Children in this class will be required to purchase a Gi to wear in the class. We believe that it is beneficial for the children to wear a Gi and go through a belt ranking system to help set goals and achieve them. It also helps keep order and a synchronized look to the class which develops a sense of unity. Mouth guards are also required.

## **3. Do they have belts?**

Yes. Our Youth MMA program does offer a ranking system. The belt colors are as follows:

White, White Stripe, Yellow, Orange, Green, Blue, Purple, Brown, Red, Black

Rank promotions are based on 3 criteria:

1. Time training = How long have they trained and have they had good attendance.
2. Skill set = Have they learned the skills necessary for promotion and can they perform them well.
3. Attitude = Students must display and excel in character such as, Honor, Respect, Kindness, Patience...

Time training is different from belt to belt. Here is a basic chart:

White to White Stripe = 3 months  
White Stripe to Yellow = 3 months  
Yellow to Orange = 6 months  
Orange to Green = 6 months  
Green to Blue = 9 months  
Blue to Purple = 9 months  
Purple to Brown = 12 months  
Brown to Red = 12 months  
Red to Black = 12 months

Total time to Black = 6 years

Students learn at different paces. The time frame above does not guarantee that your child will test when they meet their time goal. There are 3 criteria that need to be met and we reserve the right to withhold a belt if a child is not focused and prepared to be promoted. On the flip side, a child may be promoted before they meet their time requirement if their skills and attitude indicate that they should be. Ultimately it is up to the coaches as to who test and who doesn't. These belts are our YOUTH MMA rankings only. When your child moves up into one of our Adult Brazilian Jiu-Jitsu, MMA, kickboxing or Grappling programs they will be starting a separate belt or ranking system.

## **4. Is there a testing fee?**

Yes we do have a small testing fee of \$10 which includes a belt and certificate.

## **5. Do we have to sign a Contract?**

No. We offer 3 different memberships.

1. One no-contract membership
2. One 6 month contract
3. One 12 month contract

You do not need to sign a contract but can save up to \$20 a month by signing a contract if you plan to commit to it.

#### **6. What if we can come only one day a week?**

Just as in anything else, your child will certainly gain more and excel faster by attending at least 2 days a week. We highly encourage you to try to make this possible for the benefit of your child. If it is impossible for your child to do so, one day a week is always better than zero.

#### **7. How long do they remain in the youth class?**

Our Youth MMA class runs from age 6-14. In some cases your child may be invited up into the Adult MMA class before age 14. Our Adult Brazilian Jiu-Jitsu class starts at age 12 so your child may be eligible to train in our Adult Brazilian Jiu-Jitsu program and our Youth MMA program when they turn 12.

#### **8. What happens when they move up into the Adult programs?**

We offer Adult programs for Brazilian Jiu-Jitsu, MMA, Kickboxing, Wrestling and Submission Grappling. Our Brazilian Jiu-Jitsu Program starts at age 12 while the remaining Adult programs start at age 14 or 15 depending on the child size and maturity. Brazilian Jiu-jitsu and Submission Grappling have a belt ranking system and if your child has trained in our Youth MMA program for a few years and decides to move to our Adult Brazilian Jiu-Jitsu programs when eligible they will be given a new ranking according to the Brazilian Jiu-Jitsu ranking system. Our Adult MMA and Kickboxing programs use a Shirt Ranking System. If your child decides to pursue one of these Adult programs when eligible they will be given a ranking shirt according to their skill level.

*Thank You for your interest in our Youth MMA Program. We look forward to helping your children grow and mature into confident, respectful and healthy adults!*

We also have a Rank Syllabus so that your children can know what they are working toward every step of the way!...

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## **Lil' Warrior's**

Lil' Warrior's is designed for children ages 4 and 5. This program teaches your children how to operate in a classroom and gives them the opportunity to meet and have fun with other children. Your children will learn coordination drills, basic fitness drill, and basic martial arts skills in the class. They also learn basic principles such as staying in line, keeping their hands to themselves, speaking with manners, respect, and the secret warrior code which is "No starting trouble".

This class offers key tag memberships where you are buying bulk classes and using them as you can. There is no set time commitment for the class other than to come when you can.

Parents are asked to stay since the class is only 25 minutes. The instructor also asks that you let him instruct and correct your child when necessary. If your child refuses to listen they will be brought over to you at your seat to watch the class.

The class is full of excitement and energy for your children and they all have a blast!

Children will be required to purchase a Lil' Warrior's uniform for the class.

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## OK. So hopefully you are getting a good idea of how our classes operate.

Now I want to offer you some tips on how to gain the most and excel the fastest in your training. If you follow these tips you will achieve the results you are hoping for!

1. The Clinch is an Academy or School. If you treat it as such and come in as a student you will learn more efficiently. I say this because a school is different than a gym. People go to a gym, do their work out and it is finished until next time. Students go to school, learn and then go home and put in more time with study and home work. Here are some ways you can expand on your training at home:

a. One of the easiest and best ways to train at home is to simply review what you learned in class before you go to bed that night. A lot of times people will come to class and learn a technique and then leave and never think about it again until next time they return. By then it is foggy and almost forgotten. If you review what you learn at home in your mind, then you are more likely to retain the information. This way next time you practice it, it will still be fresh in your mind and you can develop the technique further instead of trying to remember it again.

b. The internet is also filled with a plethora of easily accessed knowledge. Visit you tube and try to watch techniques that are the same or similar to what you have learned. I will warn you not to overdue this or try to jump ahead to far. This can confuse you and actually slow down the learning process.

c. If you have someone you can practice or review the move with, in a safe manner, this is always one of the best ways to stay fresh and sharpen your technique.

d. Keep a folder and write things down. This keeps thing from floating away and or around in your head. Writing things down helps you to remember them and retain them better. Think about it for a minute, if are meeting new people every day and when they tell you their name, you shake hands without repeating it in your mind or writing it down, chances are you are going to forget many names. If you repeat it in your mind and write the names down you are way more likely to remember. The same principle applies to learning here. In the beginning everything is new and there is a lot to learn. Writing it down and repeating it in your mind goes a long way in helping you retain the information.

2. Show up on time and stay as long as you can. Obviously, the more time you put in the faster you will excel. Set this time aside and commit yourself to learning and training.

3. Listen to the instructor. Your instructor has taught tons of students and has been in the practice for a long time. They know the best processes for learning and drilling techniques. It is like having a puzzle and you don't have a final product to look at but your instructor does. It is hard to complete the puzzle unless you know what you are trying to make. Listen to your instructor and follow their guidance because they can see the big picture. They can help you put the pieces of the puzzle together properly.

4. Focus on learning and not simply winning. When you start to drill and practice moves in a more competitive way, it is important to understand that it is not about winning or losing but about excelling in your game. Winning **does not** always help you excel in your game. It is more about how you win or lose that matters. For Example:

If I am in a jiu-jitsu match with a person that is on the same skill level but weaker than I and I use my muscle to win, does that mean I have better jiu-jitsu? Does it mean that I just got better at my jiu-jitsu? No. You may not have learned a thing other than that you are stronger than the other guy. If that is what you want, to be the strongest,

then start power lifting instead. If you want to get good at jiu-jitsu then you have to learn to beat your opponents with jiu-jitsu even when you are stronger. This forces you to rely on your techniques and learn new ways to make them work for you. If then you are paired with someone who is stronger than you, you will have your technique to save you! The more time you spend simply trying to win, the more time you waste at getting better at jiu-jitsu.

5. Set small, realistic goals for yourself. Goals give you purpose and land marks to meet. When you set goals you are more inclined to stay focused in your training in order to attain the goal. While you do want to set big goals, you have to set many small goals in order to achieve the big one. Setting big goals alone can be rather disappointing.

Example:

Big Goal = to be able to do 100 push-ups without a rest.

Little goals that lead to the big goal = Determine how many push-ups can you do now? If it is 20 then set the goal of 25. Once you reach 25 set the goal of 30.

If you try to get 1% better every time you train, you will be 100% better in no time! The little goals make big differences and help you feel a constant sense of accomplishment.

**I hope this booklet has helped you understand and prepare mentally for your first class! You are certainly invited to come in and try any classes you are interested in for one week FREE! That is easily up to \$50 in value for FREE.**

You can **save \$20 instantly** when you join if you bring a friend in with you for your FREE trial! All you have to do is bring a friend in with you and **we will waive your \$20 set up fee** when you join! That's \$70 total value! Think of it as our gift to you. We know what you can achieve and benefit by joining our Academy and want to make that first step easy for you.

If you still feel hesitant about giving it a shot, let me comfort you by explaining our 60 day money back guarantee!

I am going to make you several promises right now and I am not the kind of person who makes promises I can't keep. **If I am unable to uphold my end of the deal you can rest assured that you will get 100% of your money back!**

#### **Promise #1**

If you are looking to feel welcome and to enjoy a professional family like environment

✓ **you will find that here.**

#### **Promise #2**

If you are looking for top notch BJJ Black Belt instruction

✓ **you will find it here in every BJJ class!**

#### **Promise #3**

If you are looking for a school that has trained successful high level pro MMA champions

✓ **you will find them here!**

#### **Promise #4**

If you are looking to get stronger, increase your endurance and feel healthy overall

✓ **I promise you that training here will do all of this.**

#### **Promise #5**

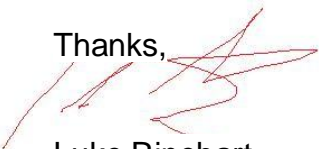
If you are looking to gain confidence

✓ **I am positive that you will.**

**First**, you can come enjoy a **FREE** one week trial valued up to **\$50**. **Second**, if you bring a friend during your trial you and your friend will **get your \$20 registration fee waived** when you join! That's our **\$70** gift to you. **Lastly**, if we don't hold up to our end of the bargain still after a full 60 days you will get **100% of your money back!**

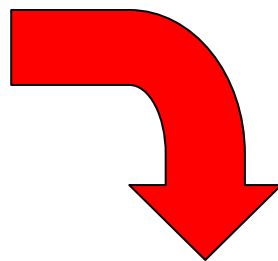
You have nothing to lose! I know that you will enjoy your experience and gain from it for many years to come. Be sure to set up your appointment now to get your FREE one week trial!

Thanks,



Luke Rinehart  
Owner of Clinch Academy  
301-682-8589  
ClinchAcademy.com

## Rave Reviews



Bradley Duruttya  
MMA Judge and Referee  
Mid Atlantic Combat Sports  
State Rep.

*I walked into the Clinch Academy expecting to see Mixed Martial Arts Gym. What I saw was a traditional Martial Arts Dojo. The Dojo was neat and clean with a Feng Shui atmosphere. The students were quiet attentive and serious in their training. It was exactly the place that I would choose for myself and my family to train.*

*Luke Rinehart is the owner and head instructor and has been practicing martial arts since he was 5 yrs old. He started taking classes in Tang Soo Do from his father and continued on to study Kenpo, Japanese Jiu-Jitsu, Brazilian Jiu-Jitsu, Kick Boxing and Muay Thai. Luke competes in BJJ winning a number of NAGA championships.*

*Clinch Academy offers classes for all ages. Children 3-5 can learn basic tumbling and increase their coordination. Older children are taught a complete Martial Arts system along with the responsibility on when to use it. Adults are taught the skills needed for self-defense and combat.*

*Competition is encouraged but not mandatory at Clinch Academy. Children and Adult compete monthly at area BJJ tournaments while adults compete in Mixed Martial Arts events. So no matter if you want to learn an art or get in the cage, Clinch Academy should be your choice of training facilities.*

*Clinch Academy has a contingent of Mixed Martial Arts fighters that are terrorizing the Mid-Atlantic region. I was able to watch their MMA workout and I tell you their circuit training is sick. The philosophy of training harder than you fight is applied at every workout.*



Tom Ledwell

*I trained Tang-So-Do during my college years for a while, but lost interest. I was approached by a coworker four years ago, who had started training BJJ and who talked me into trying it out with him. My initial goal was to take an occasional class to help supplement my defensive tactics training for police work. I took several BJJ classes, and loved it. I began training BJJ and vale tudo regularly at an academy that was over an hour from where I live. I entered a NAGA tournament several months into my training, where I was introduced to Luke. I watched Luke compete in that tournament, and was genuinely impressed with his skill and techniques. I learned that Luke instructed at the Clinch Academy in Frederick. I decided to try the Clinch Academy out, and have been training here since. Training at the Clinch, I was immediately impressed with the emphasis on technique and skill versus muscling out wins. I also thought that Luke had a great understanding of the details involved in jiu-jitsu and in the other aspects of MMA, and that his instruction passed these details on to his students. In addition, I thought that Luke was also a good person and the environment at the Clinch Academy was friendly. My current goals are to continue to learn and improve in the art of jiu-jitsu and MMA, and to teach effective defensive tactics as an instructor at our police academy. I would eventually like to earn a black belt and to be able to reflect and share with others the qualities that accompany attaining that level in the martial arts.*

- ~ Maryland Police and Corrections Training Commission certified Defensive Tactics Instructor
- ~ Maryland Police and Corrections Training Commission certified General Instructor
- ~ Maryland Police and Corrections Training Commission Instructor of the Year
- ~ Defensive Tactics Instructor for Police Recruits and Police Veterans



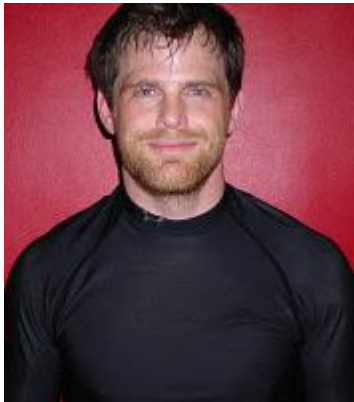
Jacob "The Hunter" Kirwan  
Professional MMA Fighter  
Ring of Combat Champion

*"A few years back, I walked into the Clinch Academy having a very strong wrestling background with a high level coach. I was searching to find that same level of instruction in M.M.A. When I found Luke at the Clinch Academy, I found that and a lot more. Luke is the best teacher I have ever trained with. He can read where you are at in your game and knows just what to teach to bring you to the level you want to be. Through training at the Clinch I have realized that there are more levels to fighting than I realized. I have gone from wanting to just fight to establish a name for myself to learning to establish my name by being the best martial artist I can be in and out of the cage. That is the most valuable lesson I have learned through God and training with Luke Rinehart."*



Scott Ford  
Owner of Cornerstone  
Wealth Management  
Author of  
"Financial Jiu-Jitsu"

*I became interested in martial arts because of liking the physical aspect of the arts. In the early 90's I became interested in jiu-jitsu particularly because of the U.F.C. and found a school in Baltimore to train. Because of the commute I only trained a few months. A couple of years ago I saw a friend, Eric Borher with a Clinch Jiu Jitsu shirt on at the gym and he suggested I check it out. My first experience at the Clinch was promising and rewarding due to the relaxed teaching style of Luke and the willingness to help from other members. The instruction and environment at the Clinch is laid back and nonthreatening yet I believe the best Jiu Jitsu and MMA instruction around, taught by an accomplished grappling athlete. Since I began training at the Clinch I have been in much better physical shape, met new people, and as a buisness owner, I have been able to apply principals used in Jiu Jitsu training to business like ways to stay calm in stressful situations. I believe Jiu Jitsu correlates well with business in that you have to always continue to learn, adapt, be flexible in your approach, and look at it as a life long learning process not an end result or destination.*



Adam McWilliams

*I've trained at lots of BJJ studios around the world and the quality of the instruction, training partners, and respectful atmosphere makes the Clinch Academy hands down my favorite place to train. I've been fortunate enough to train with Luke Rinehart since 1996, and in that time I've developed a great respect for his technique and teaching style and he's also become a great friend. I've also had the opportunity to spread some of his tricks around the globe (watch for some sneaky submissions, sweeps, and guard passing if you visit Mancora Peru or Tonga!) Whether you're after self defense, technical BJJ, Professional MMA, or just trying to get fit, you'll find what you're looking for at the Clinch! Come check us out!*



Paul Mann  
Professional MMA fighter

*"I've trained in several places across the U.S. with a mix of great BJJ black belts, Master Muay Thai instructors and elite wrestlers. Luke is the most advanced and dedicated martial artist I have ever trained with. He has a wonderful balance between technique, competition experience, personality and humor that not only makes him a world class martial artist but also a world class teacher and coach."*