

CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am	BJJ All Levels	BJJ All Levels	BJJ All Levels	BJJ All Levels	BJJ All Levels	Kids Competition	
10am						BJJ All Levels	Dutch Thai Boxing
11am							Muay Thai Special
12pm						The Lab	Warrior's Self Defense Call for schedule
4pm	Little Foxes (ages 4-7)				Little Foxes (ages 4-7)		Seasonal Wrestling Call for schedule
5pm	Fox Champs	Fox Champs	Kid's Kickboxing (All Ages)	Fox Champs	Fox Champs		
6pm	Advanced BJJ	Muay Thai Basics	Basic BJJ	Competition BJJ	BJJ All Levels		
7pm	Basic BJJ	Muay Thai Pads	Women's Striking	BJJ All Levels	No GI BJJ Submission		
8pm	Boxing	Muay Thai Drilling & Sparring	BJJ Fundamentals	BJJ Fundamentals	Boxing Fundamentals		
9pm	No GI BJJ Submission		Boxing	BJJ Fundamentals	Boxing		
	BJJ Last Call		BJJ Last Call		BJJ Last Call		

Malachy Friedman, former coach of Kimbo Slice, UFC's Hector Urbina and Leo Kuntz, was a black belt instructor at the #1 SCHOOL FOR MMA TRAINING IN FLORIDA. After training and coaching for over 8 years at American Top Team headquarters, in Coconut Creek, Florida, Malachy decided to bring the ever evolving Carlson Gracie jiu-jitsu to Charleston, SC. Malachy Friedman received his black belt under legend Ricardo Libório, widely regarded in Brazilian jiu-jitsu (BJJ) as the top black belt ever produced by Master Carlson Gracie, and an all-around legend of the sport.

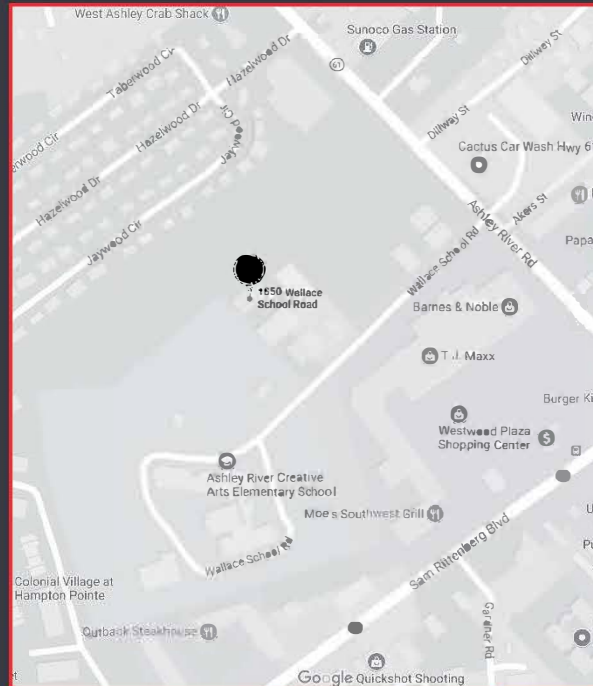
BLACK LABEL MARTIAL ARTS

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 CHARLESTON, SC 29407
 Off of 61 Behind Barnes & Noble

Email:

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or call 843-561-4848



STUDIO HOURS
 MON- FRI: 9AM- 9PM
 SAT: 10AM - 1PM
 SUN: SPECIAL EVENTS



THE VERY BEST IN MARTIAL ARTS &
 COMBAT SPORTS

BLACK LABEL MARTIAL ARTS

FREE INTRO CLASS

Join us to improve your fitness, strength,
 self defense & combat skills

Kids Martial Arts

Our children's classes will promote self-confidence and leadership as well a firm grasp on self-defense and identifying potential dangerous situations. At Black Label Martial Arts, we understand that children 5-12 are at an influential age where strong positive role models are needed to encourage good choices and develop leaders in our community. In our program, children will have fun while they are learning lessons of self-discipline, self-defense and how to be an independent thinker as well as a team-player.

BlackLabelMartialArts.com



Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is referred to as "human chess" because it is physically challenging and develops the intellect through continual strategizing. It is an ever evolving martial art, as unique as the person practicing it.

Our programs are designed to build our students' games at every level. Our beginners' curriculum focuses on establishing a strong foundation by implementing the core techniques of Jiu-Jitsu used in sport and self-defense. We teach our students how the body works using leverage, angles and pressure to accomplish the techniques taught. Our advanced and competition classes explore modern Jiu-Jitsu techniques, competitive sparring, and condition students for competition-level Jiu-Jitsu. The advanced class will give you the technique, concepts and theory to create an entirely original style to your Jiu-Jitsu game. We cannot wait for you to experience a truly different martial art. Black Label Martial Arts

Muay Thai Kickboxing

Thailand's national sport and one of the fundamental disciplines of Mixed Martial Arts (MMA), Muay Thai Kickboxing or "Thai Boxing" is widely considered the most effect striking art ever developed.

Based on the "The Art of 8 limbs" Thai Boxing uses fists, elbows, knees and kicks to deliver overwhelming striking firepower to an opponent or attacker. The Thai people have perfected these techniques in the ring over hundreds of years. Simple movements based on the natural mechanics of the body enable practitioners to deliver powerful effective strikes to an attacker.

