

Mixed martial arts worskshop



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VANDERBIJLPARK. - Well known Martial Arts instructor Shihan James Vermaak, in association with Sensei Brandin Fourie, recently hosted a High Performance Mixed Martial Arts (MMA) Workshop with the renowned MMA Coach, Morné Swanepoel.

The workshop was attended by 27 MMA fighters from Vaalpark, Vanderbijlpark and Potchefstroom.

The night started with an hour of intense warm-up exercises that included physical buddy training. After that much time was spent on the floor in various grappling, submissions and escape techniques.

Shihan James Vermaak announced his appointment as the President of SEDGCAA, Sedibeng Grappling Combat Arts Association. SEDGCAA will host their first Sedibeng Kickboxing Trials to be hosted on Saturday March 10 to elect a Sedibeng SEDGCAA Provincial Team to represent SEDGCAA at the Great North and WAKO South Africa Championships later this year.

Shihan James Vermaak also announced the opening of a new MMA Dojo in Vanderbijlpark with co-instructor, Sensei Conroy Delpot. The Dojo will also offer fitness and body-shaping classes with one of Shihan James Vermaak's instructors, Jenny Bothma.

Stuur jou nuus

Weet jy van interessante nuusgebeure in die Vanderbijlpark-gebied? Stuur wil graag daar

