



## Certification Process...

There are 3 Bas Rutten Fight Club™ courses that are required for complete certification and they must be taken in sequential order beginning with Level 1. These three courses must be completed within a 2 year period on order to maintain your affiliate status.

### Level 1-3

These courses will work on the fundamentals of stance, movement, striking and combinations as well as takedowns and takedown defenses. We show you how to work with focus mitts and Thai pads and how to teach students to "train their partner" with mitt work and glove2glove work.

The popular "Bas Rutten MMA Workout's" are introduced and we show you the correct way to use the workouts, along with give you additional drills and fun add-on's to the workout rounds to keep them challenging to all levels of students.

We will also introduce you to the famous and unique Dutch style techniques that Bas is famous for. You will be learning and working on advanced drills, combinations and techniques to be applied to your programs from the basic "intro to fight" class to the advanced sparring classes.

The most important tool you gain from the Fight Club, is the assurance of a quality program to help you gradually build your students and keep them participating in your classes.

### Cost...

Each course is 3 days in length for a fee of \$500 USD each. When you successfully complete the required courses, you may attend any of the additional "Bas Rutten Systems™" seminars and courses for a reduced fee. We offer the complete "MMA System" or the "Dutch Kickboxing" courses.

Please note that we can not refund the course fees, but we can transfer them to another course date.

### Registration...

To register for a course, use the link posted on the seminar announcement and submit the registration form along with payment to secure your spot in the class.

### Hosting...

If you are interested in hosting a course or seminar at your location, please email us at: [seminars@basruttensystems.com](mailto:seminars@basruttensystems.com)