

New Bedford Fitness & Martial Arts Center



by
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Silvia

The New Bedford Fitness & Martial Arts Center is located at 665 Orchard Street in the south end of New Bedford. The facility currently offers Mixed Martial Arts (MMA), Brazilian Jiu-Jitsu (BJJ), Kenpo Karate and kickboxing. Members have several training options; to train like a fighter (full contact sparring), train for self defense (learn to defend yourself with light or no sparring) or train for fitness (get in shape like a UFC fighter). Students can train in a class environment or schedule personal private (1 on 1) or semi-private (small group) sessions. Here are the details on each program and membership costs. A full calendar of classes can be found [here](#).

CLASSES

Brazilian Jiu Jitsu (BJJ)



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2nd degree black belt Daymon Smith leads the BJJ program. BJJ focuses primarily on grappling/ground fighting with no striking. If you are looking to progress through the best submission system in the world, BJJ is for you. The BJJ classes are on Monday, Tuesdays and Thursdays from 6:30 – 8pm.

Mixed Martial Arts (MMA)

Joe Silvia leads the MMA program that combines boxing, kick boxing, Muay Thai, wrestling, Brazilian Jiu-Jitsu and other martial arts into one class. If you are looking to be well rounded in striking, clinch, and ground fighting, MMA is the class for you. Beginner's are welcome! The MMA classes are Mondays and Wednesdays from 6-7:30 p.m., and on Sundays from 2-3:30 p.m. This class will be expanded to other days soon.

Karate/Kickboxing

Kempo Karate black belt Joe Botelho leads the karate/kick boxing class. This class is perfect for all levels. Want to train for a kickboxing class? Want to get in shape and learn self defense at the same time? This class is for you. The Kickboxing class is every Wednesday from 6:30 – 8 p.m.

Bully Prevention

This class is geared towards teaching kids martial arts techniques to help them with their confidence and discipline while giving them a cardiovascular workout at the same time. Classes are every Tuesday from 4:30 – 6 p.m., Wednesday from 5 – 6 p.m. and Saturday from 9:30 – 11 a.m.

Full month schedule of classes here.

Private Sessions

Members and non-members can schedule individual or group privates with any of the instructors. Contact 774-202-2297 or kagekontrolmma@gmail.com to schedule an appointment.

MEMBERSHIP RATES

There are four different memberships available. There are no annual commitments and all new students get the first week free to try out any of our martial arts classes.

- **Bronze** (\$25/month) – One class per week. Perfect for those with a limited schedule or for those who simply want martial arts to supplement their existing work out program.
- **Silver** (\$40/month) – Two classes per week.
- **Gold** (\$60/month) – Three classes per week.
- **Platinum** (\$100/month) – Unlimited classes per week. Platinum members also get discounts beverages, retail items, seminars and privates.

Anyone is welcome to drop into any class at anytime unless they are full. A \$10 drop in fee applies for non-members, or a \$5 for members.

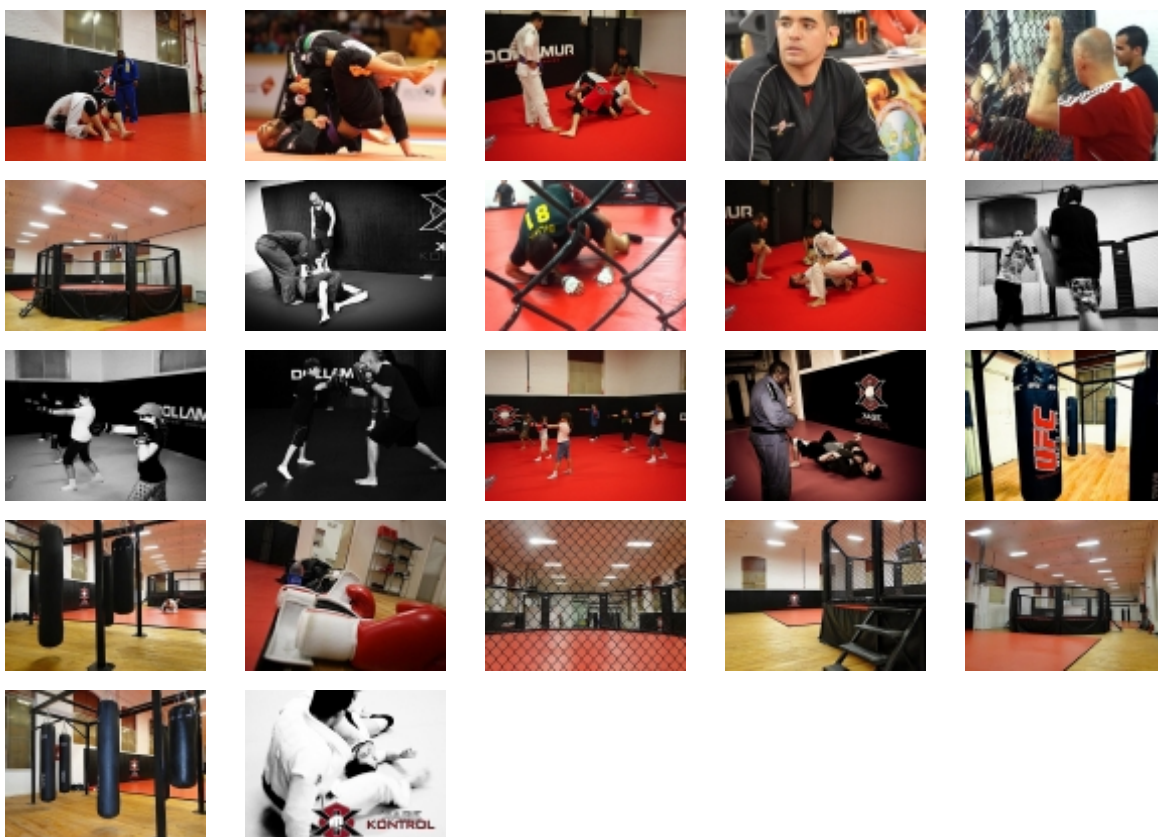
OTHER PROGRAMS

The New Bedford Fitness and Martial Arts Center will be adding boxing and wrestling (for kids also) to our martial arts programs soon. We will also be leasing out our facility to yoga, Zumba and other fitness professionals to host their

classes. Contact kagekontrolmma@gmail.com if you are interested in using our facility to host your classes. Stay tuned to our website and Facebook page for news and information, or contact 774-202-2297 or kagekontrolmma@gmail.com.

FACILITY

The facility has two workout areas that are fully matted with a UFC-style octagon in the center. There are five heavy bags available for training. There are two bathrooms with showers and a locker room. Gatorade, water, recovery drinks and some gear are available for sale.



Instructor Daymon Smith is a 2nd degree black belt in Brazilian Jiu Jitsu under Tim Burrill.



Instructor Radhames Familia is a purple belt under Tim Burrill.



Instructor Jeff Karam is a purple belt under Tim Burrill.



Joseph Botelho has his black belt under Tony Cogliandro and Dan D'Onfro.



Instructor Joe Silvia has over 15 years of Mixed Martial

Arts experience.



The Facility has its own Octagon for realistic training and sparring.



Training in the BJJ class.



Students sparring.



Training in the BJJ class.





The bully prevention program teaches kids martial arts, and builds confidence and discipline.



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Training in the BJJ class.



The facility has five heavy bags.



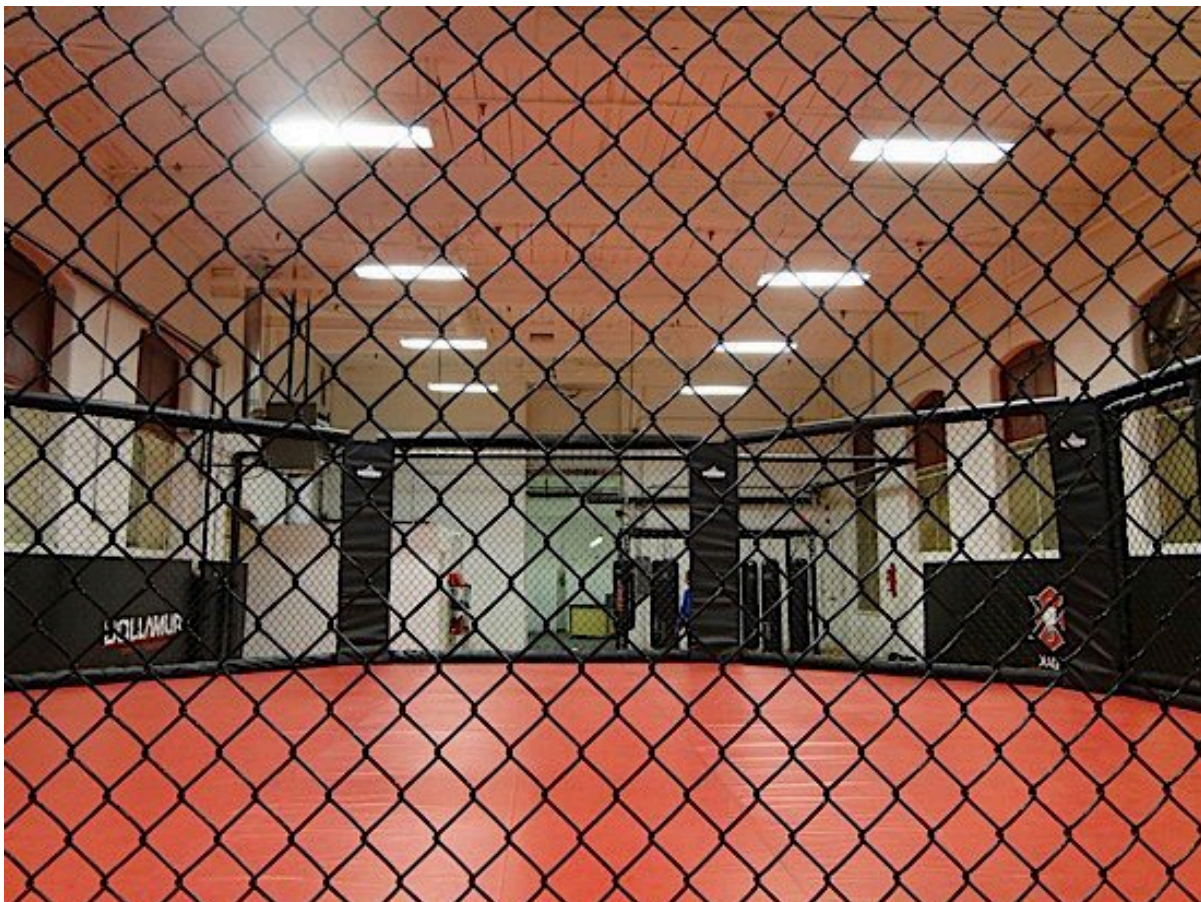
The facility has five heavy bags.



The facility has two bathrooms and a locker room.

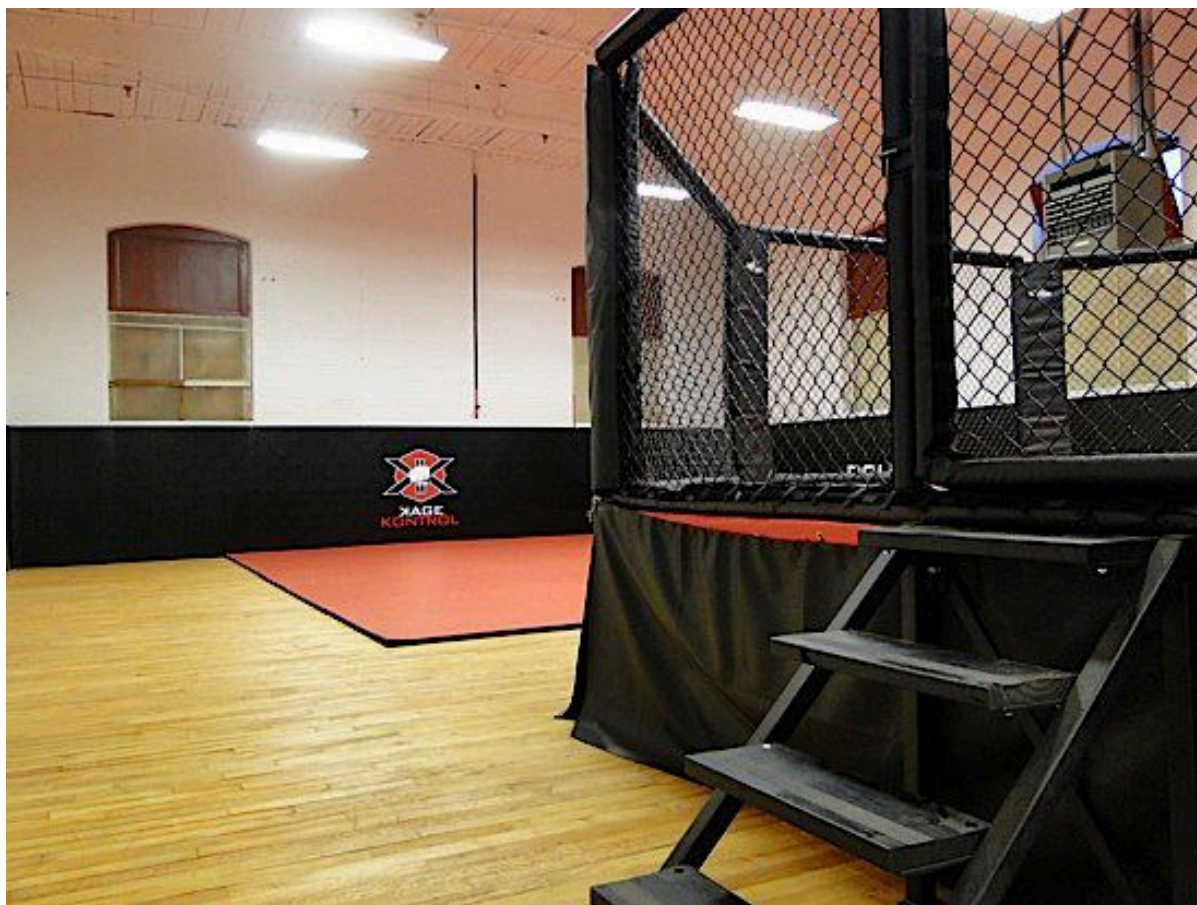


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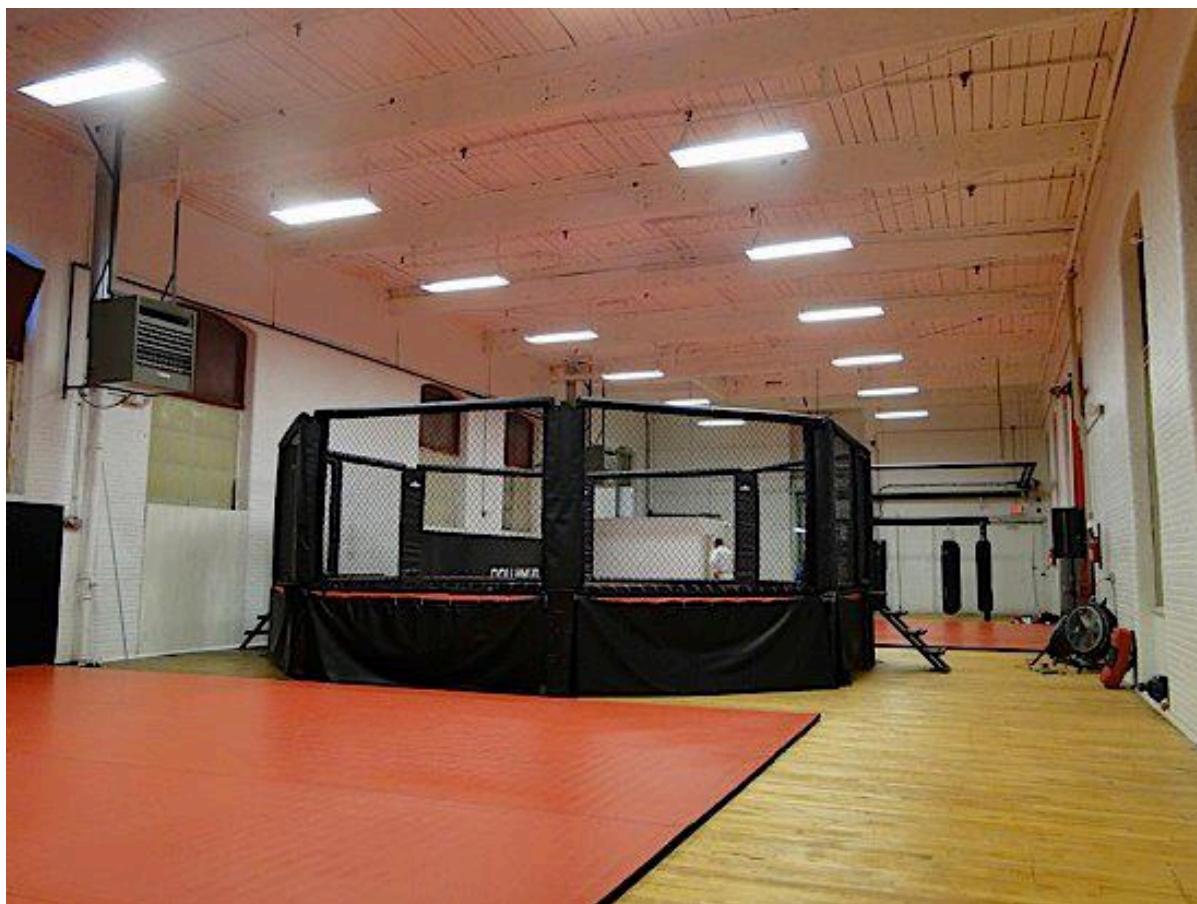


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and sparring.



The training area is covered with mats.



The facility has five heavy bags.

