

Mixed Martial Arts (MMA)



Ty Elliott is the Muay Thai Trainer. He is certified in Thailand under Sengtiennoi S. Rungrote a.k.a. The Deadly Kisser. He is also certified by Kru Yong and affiliated with his gym 'Muay Thai-Thai Boxing' in Sacramento. Ty has competed bare knuckle NHB under Saentiennoi. Ty specializes in NHB (no holds barred) fighting and has over 7 years experience training MMA fighters. Ty speaks Thai fluently and has also worked as a certified medical interpreter. He trained for many years in Saengtiennoi's camp in Pathum Thani, (ปทุมธานี) a province in Thailand while he worked on his Thai and Lao linguistics.



Superior Fighting Academy
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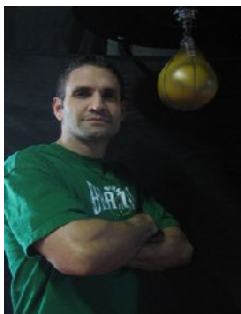
If you want to be a legitimate MMA fighter or just train MMA, look no further than "Superior Fighting Academy" in West Sacramento. We are offering classes for adults and kids of all ages to train in MMA, Muay Thai Kickboxing, Brazilian Jiu-Jitsu, and Boxing. Private lessons in all disciplines are available.

Flavio was born and raised in Rio de Janeiro - Brasil and started martial arts at a very early age; first judo, Tae Kwon-Do (black belt at age 17) and then Brazilian Jiu-Jitsu in 1995 under the legendary Ricardo Liborio World Champion (red and black belt from Carlson Gracie, founder of the American Top Team). After moving to the United States, I trained for over 10 years under Rodrigo Medeiros, another legend from Carlson Gracie Team. He was awarded his black belt from Ricardo Liborio in 2009. Flavio loves to teach Brazilian Jiu-Jitsu whether it is for self-defense or competition. Flavio is always looking forward to helping the average person learn jiu-jitsu or push an experienced fighter to the next level in competition.

For pricing information, contact:

Ilya
Mobile: (916)-217-5018

Scott
Mobile: (916)-667-1599



Certified USA Boxing Coach Level 1. Learning the 'sweet science' as a youngster at the Sacramento PAL Boxing Gym under the tutelage of Harry Pops Wilson, Harry Seperas has over 23 years experience in the science of boxing under his belt. In addition to boxing, he has dedicated many years to the study of fitness and training. This commitment has taught him the vital importance of strength and the fact that proper conditioning makes all the difference in the world when it comes to fulfilling your personal fitness goals. Whether you are looking to jump start your routine or you're working toward competing professionally, Harry Seperas training program will not disappoint. Mr. Seperas is registered and certified coach through USA Boxing. In addition, he holds a bachelors degree in History from Sacramento State University.