

Competitive Edge welcomes our new expert MMA instructors

Muay Thai, also known as Thai Boxing is the national sport of Thailand. It is a simple and aggressive striking style utilizing punches, kicks, knees and elbows. The competitive sport in its present form has evolved from many southeast Asian combat styles, both armed and unarmed, over many hundreds of years. Muay Thai philosophy is simple and direct making it very easy to learn and easily adapted to everyday self defense.



Ken Perry has trained in Muay Thai for fifteen years. Ken has a level two certification from Ajarn Chai Sirisute and junior instructor certification under Sakasem. He has trained with Master Toddy and Master Luukchang.

Boxing is one of the most rewarding & challenging sports in the world. To get the most from the sport skip the boxercise, and give real boxing a try. Our professional boxing instructor works with all levels to provide a structured logical progression for your training and teaching. If you're an absolute novice we'll get you started on the road to becoming a seasoned boxer. No matter what your level of experience, our class is designed to take you from zero to 60 in the minimum amount of time possible.

Ishmir Ra has 20+ years of boxing experience.



Judo is for everyone. It develops self-discipline, respect for oneself and others as well as self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. Judo is best known for its spectacular [throwing techniques](#), [pins](#), control holds, [arm locks](#), and [choking techniques](#). Judo emphasizes safety, and full physical activity for top conditioning. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success.

Vasil Dimitriov is a black belt and has over 25 years of Judo experience.



There are no jack of all trades at Competitive Edge...our instructors specialize in their specific disciplines.

CLASS SCHEDULE:

Muay Thai -

Wednesday: 8:00-9:00PM

Classes begin on March 11

Boxing-

Monday and Wednesday:
7:00-8:00 PM

Enroll now

Judo-

Kids: Monday and Wednesday:

7:15-8:00 PM

Adults: Monday and Wednesday:

8:00-9:00 PM

Saturday: 10:30-12:00 AM

Enroll now

Register for a
1 Week
FREE TRIAL!

Visit our website:

www.competitiveedge.cc

or call

215-283-5258

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