



John Hackleman holds the Thai pads for Chuck Liddell

The Pit/Hawaiian Kempo

The Pit/Hawaiian Kempo is the ultimate in martial arts and fitness. We started in martial arts and fitness over 30 years ago, and have evolved into the most effective, functional, practical, proven, "state of the art" system of martial arts and fitness in the world today.

Its founder, John Hackleman started the school as a means to teach a more straight forward, no-nonsense approach to martial arts. The Pit is known around the world for creating world champions and giving kids and adults a new found self confidence... why go anywhere else?

Visit Pit-SLO to try one free introductory kicking boxing class!

Coupon



Good for one free introductory lesson! You don't need to wear a "gi" (uniform) or bring any equipment. Just bring a positive attitude!

Welcome!

The Pit-SLO invites you to try one free introductory lesson. You don't need to wear any type of "gi" (uniform) or bring any equipment. Just bring a positive attitude, an open mind, and a determination to learn!

The Pit-SLO

MARTIAL ARTS ACADEMY
TOTAL COMBAT FITNESS CENTER

956 Foothill Blvd. #B

SLO, CA 93405 (805) 549-8800

<http://www.myspace.com/theepitslo>



The Pit-SLO



- Pro/Amateur Training
- Physical Fitness
- Self Defense
- Motivation
- Friends

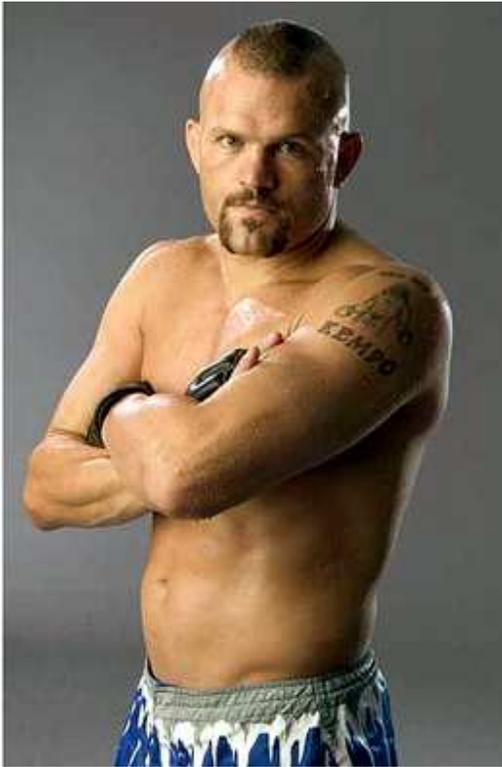
The Pit-SLO

MARTIAL ARTS ACADEMY
TOTAL COMBAT FITNESS CENTER

956 Foothill Blvd. #B

SLO, CA 93405 (805) 549-8800

<http://www.myspace.com/theepitslo>



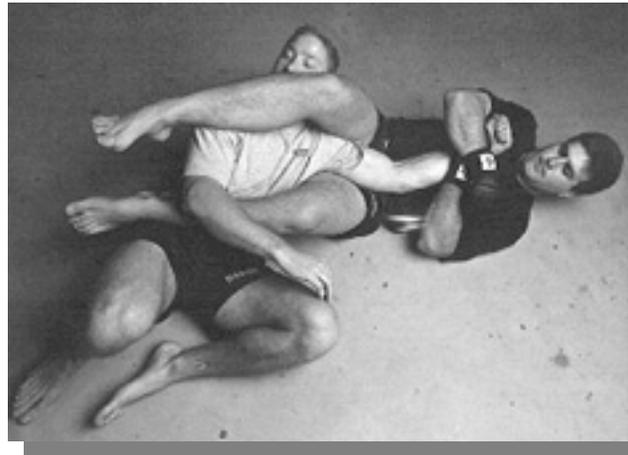
The mohawked Chuck “The Iceman” Liddell has become the face of the world’s fastest growing sport in recent years, and has rightfully earned himself one of 32 spots on ESPN’s “Who’s Now” list, alongside sports superstars such as Tiger Woods, Derek Jeter, Lebron James, and Tom Brady.

Chuck background is in Koei-Kan Karate-Do, Kickboxing and Collegiate Wrestling. Primarily a striker, Liddell prides himself on his wrestling skills which he learned while attending Cal Poly University San Luis Obispo. He earned a degree in business and accounting.

Be sure to say hello to Chuck when you see. He likes to hear from the San Luis Obispo locals!

Grappling

Get in shape and learn effective submission, ju-jitsu moves with our most experienced submission instructor. Justin Fraser can essentially submit almost anyone who walks through the door. He has been wrestling for 16 years and has a strong colligate-wrestling background. He was an all-American wrestler in a junior college and a starting wrestler at Cal Poly. His background has enabled him to easily incorporate many ju-jitsu techniques. While Pit-SLO has much of its roots in collegiate wrestling Justin has fused the best from Brazilian jiu-jitsu, judo, and kempo to form effective ground-fighting grappling.



Personal Training

Personal training is also available for those gym members who want to get into physical shape but not attend one of the regular classes. Our instructors can work with you to create a personalized, work-out routine that is best for you. Contact Pit-SLO today to start our own physical fitness schedule.

Chief Instructors

The Pit-SLO has some of the most highly experienced instructors on the central coast. Their background experience covers the gamut of mixed martial arts. If they can’t get you in top physical shape or prepared for your next bout, no one can.



Scott Lighty has been with Pit-SLO for almost ten years. He has a total of 41 kickboxing fights, 28-11-2. Some of his highlights include getting into the finals of the international K-1 kickboxing tournament. He has also traveled to several countries to both train and fight. He certainly knows his way around the ring!

Cruz Gomez has been fighting for 10 years and has had 19 pro fights. He started Pit-SLO as a novice and has developed his style to the level that he now teaches the classes and continues to compete in mixed martial arts bouts. To learn more about Cruz, be sure to visit his web site: <http://www.myspace.com/mexymonkey>.



Kenny Loya is another instructor who will gladly help you develop your skills. The 19-year old Cuesta College economics major, recently won his first 3-round kickboxing smoker fight. Be sure to take one of his classes and improve your kickboxing skills. All the instructors are here to help you train for bouts, or develop physical fitness, motivation, or self defense!



