

**CALM HANDS CALM
BODY THERAPY IS A
FULL IMMERSION
THERAPY. THIS CLASS
ALLOWS STUDENTS
OF ALL ABILITY
LEVELS TO
PARTICIPATE IN A
STIMULATING BOXING
THERAPY EXPERIENCE
THAT FOSTERS BOTH
PHYSICAL AND
MENTAL GROWTH.**



CONTACT US

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Phone: Program Coach,
Kris Law

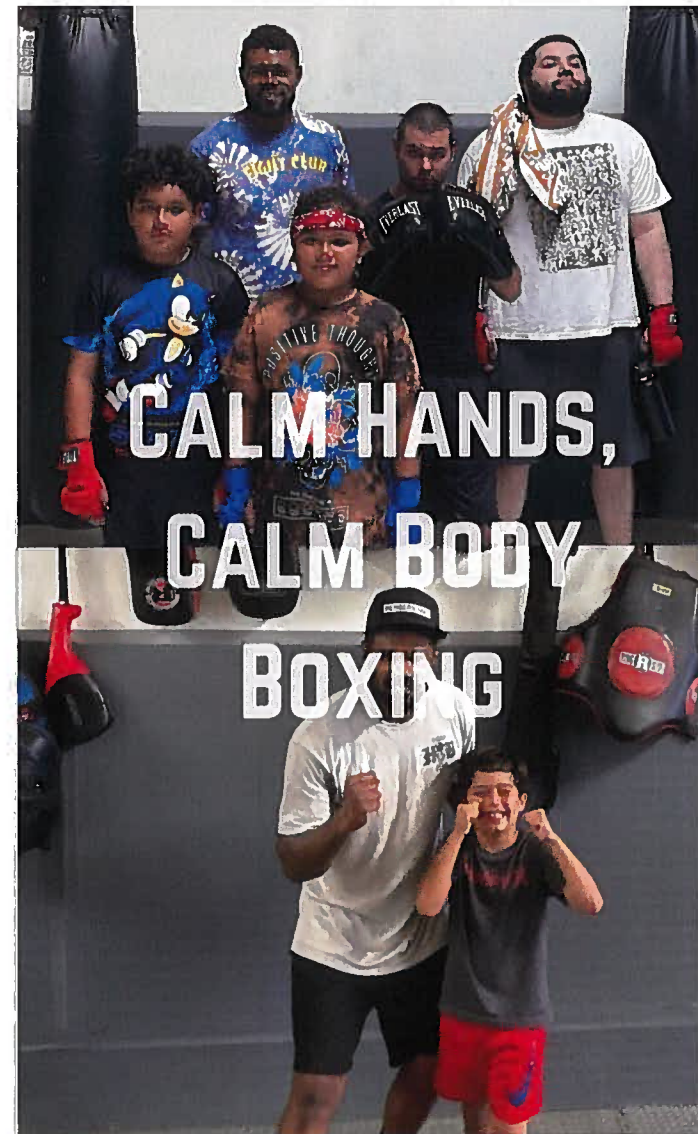
(714) 329-2953

Special Needs Liaison,
Sarah Mercurio

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Website: hbfightclub.org

Social Media: @hbfightclubinc



WHY JOIN?

Our boxing therapy program is non-contact, and requires student athletes follow simple multi-step verbal instructions, visual schedules and prompts from staff. Staff members are invited to attend the boxing class to assist and participate with their student athletes. This is a great opportunity for student athletes to participate in sports activities in a program that has been tailored to their needs. All too often our students lack the opportunities to participate in sports and thrive. At H.B. Fight Club, we will take the necessary steps to create a positive learning environment focused on building both physical skills and social emotional team skills.

EXPERTISE

CALM HANDS CALM BODY LEAD COACH, KRIS LAW, HAS OVER A DECADE OF EXPERIENCE WORKING WITH KIDS WITH SPECIAL NEEDS AS A BEHAVIORIST AND TRAINED AS AN R.B.T (REGISTERED BEHAVIOR TECHNICIAN). HE IS CURRENTLY EMPLOYED AS AN I.B.I (INTENSIVE BEHAVIORAL INSTRUCTIONAL AID) IN THE GARDEN GROVE UNIFIED SCHOOL DISTRICT. HE IS EQUIPPED WITH THE SKILLS NEEDED AND IS REALLY EXCITED TO BRING YOU A STRUCTURED AND FUN FILLED PROGRAM

IN PARTNERSHIP WITH OUR SPECIAL EDUCATION LIAISON, SARAH MARVIN (EDUCATIONAL SPECIALIST INSTRUCTIONAL CREDENTIAL), WE WILL FACILITATE AND ALIGN STANDARDS BASED PRACTICES INTO OUR THERAPY PROGRAMS. SARAH MARVIN HAS MANY YEARS' EXPERIENCE AS A SPECIAL EDUCATION TEACHER FOR LOS ANGELES UNIFIED SCHOOL DISTRICT AND IS EXCITED TO BUILD A PROGRAM THAT CAN CREATE EQUITABLE EXPERIENCES FOR ALL STUDENT ATHLETES.

Class Breakdown

Each session starts with a physical warm up and introduction to the class expectations. After warming up, we will move into boxing skills and light resistance exercises such as: straight punches, hooks and uppercuts to the punching bags, along with forward and backward, and left to right boxing movement training. Light resistance exercises consist of multiple weighted or bodyweight movements. Examples include sit to stand squats, weighted ball toss, and weighted ball overhead pick-ups and slams. All of our exercises focus on functional movement. Through focusing on functional movement our students will gain strength applicable to all aspects of their lives, helping them maintain a healthy and active lifestyle. We incorporate some sensory integration and balance movements into our practice to both challenge and entice our students to continue their practice. The exercises can be both high and low intensity, allowing our student athletes to participate in a variety of sensory stimulating experiences. Incorporating this into our practice helps students continue to participate throughout our session.

