

Bixby Wild Bunch Boxing, Karate, And Self Defense

Teacher Background: Lead Instructor - Joe Spring 4th Dan TKD & Level 1 Boxing

I began studying Korean style of Tae Kwon Do in 1985-1987 under Doug Main and later Leon Cooper became my instructor. I started boxing in 1987 and not long after quit my karate classes and begin training and began fighting under Larry Dean. And would later train under Tom Tidwell out of his garage we briefly competed as a team but the team fell apart, but I still trained off and on by myself and out of his garage. In 1998 I returned to Tae Kwon Do under Jim Weidman. I earned my Black Belt in May 2002 under Jim Weidman and became the assistant instructor to May 2003. I took over class in June of 2003 when Jim retired. I am currently a fourth degree Black Belt in the Kinney Karate Wild Bunch organization. I have also studied Free Style wrestling six years, Amateur Style Boxing, Submission Wrestling, Silat , Judo and Muay Thai. I have experience training fighters for competition in boxing, karate point sparring, and assisted in getting fighters ready for Muay Thai competition.

Tom Bulloch is a 3rd Dan He has also studied Western boxing and Tang Soo Do and other martial arts. Tom was also the former number seven ranked point sparring contender in the State.

Wesley Yazzie- Wes is a boxing coach with Bixby Wild Bunch Boxing. Wes has been training since 2003 and has competed in many tough man contests.

Class Information: All classes Monday, Wednesday and Thursday

Boxing 6:00-6:55 P.M. Classes are 8-adult. Classes are about 55 minutes. We start with a warm-up and stretch that lasts 5-15 minutes. Then we do 12-2 minute rounds of stations with 30 second breaks. Whatever time is left in class is spent on either conditioning or sparring. Sparring in my boxing classes is encouraged but optional. If you want to spar you will be required to have a mouth piece, boxing gloves and a head gear or you can rent a head gear for \$5 per month.

Karate 7:00-7:55 P.M. We usually break about thirty minutes into class. Warm-ups last about five minutes. It is a family structured run class but is sometimes split up by adults and kids. We normally break up the last half of the class to either work on sparring or self defense techniques. Sparring is mandatory in this class and you will have to buy your own sparring gear or pay a \$5 monthly rental fee for mine.

Wild Bunch Kickboxing 8:00-8:45 P.M.. Cost is \$10 per class by appointment only. Kickboxing consists of Boxing strikes, Tae Kwon Do kicks and the back fist Muay Thai kicks, knees and street boxing techniques. Elbows will only be allowed on Mitts. Sparring in all three classes is done every other class. Sparring in all three classes is controlled.

Cost: \$50 for one discipline Boxing or Karate. Other discounts are awarded for good grades, policemen, fireman, or military and family discounts. Discounts can range from 10-30 percent and can be added to other specials.

Taking both boxing and karate classes are \$75 month.

Introductory Special - Pay for 2 Months and Get Free Stuff

Karate Pay 2 month of karate and get a free uniform.

Boxing Pay 2 months of boxing and free boxing gloves and hand wraps.

Boxing and Karate Pay \$150 get two months of boxing and karate free, gloves, hand wraps and a uniform.

Other Discounts

Do you get good grades? Bring your report card in and save on your next semester of karate or boxing. Are you police, fire or military? Or do you want to join as a family?

1. 10 percent off for a B average or higher (3.0 GPA)

2. 10 percent off to military, police or fireman.
3. 10 percent off for multi family discounts.

For more information contact me at (918) 366-1019. Or e-mail me at Joetheboxer@msn.com. Feel free to check out my website at Wild Bunch Karate And Boxing on myspace.

Joe Spring 4th Dan and Level 1 Boxing Coach