

I'm human



Meilleur club de luta livre france

Les clubs suivants proposent des cours de sport de combat : Battling Club Camp, Cross Fight Dojo, Voltaire Free Fight Academy, Kajyn (Jérémy Idels), Nicolas Renier website, Luta livre France (Flavio Peroba), MB Academy (Jean-Louis Mbongo), Natural Born Fighters, Platinum Hybrid Training Center RNK Paris (Akio Long et Fabrice Nolbas), Sankuno Cercle Tissier, Tropa de Elite (Hugo Février), Acemat (Laurence Cousin Fouillat). Pour la plupart des cours, les participants auront besoin de : gants de boxe, protège-tibias, bandages pour les mains et un protège-dents. Pour le jiu-jitsu, un gi (kimono) est nécessaire. Pour la Luta Live, ils auront besoin d'un short et d'un rashguard (teeshirt absorbant). Le NR Fight Club PARIS propose des cours de sport de combat mais aussi de préparation physique en small group. Des cours conviviaux et de qualités y sont dispensés par des professionnels. Les clubs disposent d'espaces de pratique pour les sports de combat, ainsi que des vestiaires, douches et toilettes. Les cours proposés comprennent : échauffement classique + renforcement musculaire + apprentissage technique (pas de sparrings), échauffement classique + spécifique + apprentissage technique + sparring à thème + sparring, échauffement classique + préparation compétition + sparring à thème + sparring postérieur. Le NR Fight Club est un club fondé par Nicolas Renier et situé au cœur de Paris dans le 13ème arrondissement. Le club pratique la luta livre, le grappling, le jiu-jitsu brésilien, le MMA, la capoeira et propose des cours conviviaux et de qualités dispensés par des professionnels. Looking forward to seeing everyone at the meeting tomorrow and discussing our strategies was indeed a great event, thanks for having me ! The gym is very well ventilated and has an open access to the street which makes it feel fresh . There are two doors in the picture that allow us to enter the changing rooms , the dressing room area is clean and organized with everything we need : black flooring, water dispenser, cloakroom etc. . It's a great space to relax after our workout , there's even a small bar called O'Brasil where you can grab a drink right off the street . The staff were very friendly and accommodating which was nice to see. The classes are varied and diverse including MMA, Brazilian jiu-jitsu, wrestling, capoeira and Muay Thai . I had the chance to take part in an MMA class one night , it was great to see such a mix of people all there for different reasons , from training to fitness and even kids' classes . The particularity of this class is that different instructors teach each time which makes it feel more dynamic and engaging. One instructor taught a Brazilian jiu-jitsu class for the MMA group , it was a great way to learn specific techniques and conditioning exercises . We also had a sparring session at the end to put everything we learned into practice . The atmosphere of the club is really relaxed and welcoming which makes everyone feel comfortable . Great job ! Thanks again for having me around . Plan your visit : Enlarging the plan Free trial sessions are available - no strings attached. Feel free to contact us or call 06 59 17 84 58 for any questions. Follow Globe-MMA on Facebook and Twitter for all updates, and if you love Globe-MMA, follow our page on Facebook too . Thanks again!!

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