



Four Seasons – Downtown Sioux City, IA

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“Knowing is not enough, we must apply. Willing is not enough, we must do. - Bruce Lee

Programs Offered / Benefits

Wrestling Program:

- Developed to Take Control of a Physical Hand-to-Hand Combat Situation
- Stay Calm in Violent & Chaotic Situations
- Physical Prevention of Abductions & Rapes
- Avoid Being Taken Down by an Attacker
- Skillfully Escape from Under an Attacker to Withdraw Yourself from the Situation
- Use of Body Control Against an Attacker to Protect A Loved One or Stranger in Need

Krav Maga Program:

- Developed to Prepare an “Average Person” to Be Capable of Surviving Violent Attacks
- Physical Prevention of Abductions & Rapes
- Maintain Situational Awareness to Avoid Attacks
- Easy to Learn for Anyone and Everyone
- Defend Yourself from Sneak Attacks – Side & Back
- Escape from Situations Involving Multiple Attackers and/or Weapons
- Avoid Being Taken Down by an Attacker
- Get Out from Under Someone & Skillfully Rise to Your Feet

Brazilian Jujitsu Program:

- Developed for Smaller Individuals to Successfully Defend Against Larger Attackers
- Physical Prevention of Abductions & Rapes
- Avoid Being Taken Down by an Attacker
- Get Out from Under Someone & Skillfully Rise to Your Feet
- Stay Calm in Violent & Chaotic Situations

Muay Thai Kickboxing Program:

- Developed to Defend from & Physically Injure an Attacker Before They Harm You
- Physical Prevention of Abductions & Rapes
- Defend Against Kicking, Punching, Knee, & Elbow Attacks
- Use Kicking, Punching, Knees, & Elbows to Protect a Loved One or Stranger in Need

All Programs:

- Get into Great Shape to Be Physically Stronger, Faster, & More Agile than an Attacker
- ***Have Fun, Meet New People, & Develop the Confidence You Need to Feel Safe!***

Find Us Online!

Facebook: One Combat Academy | **Instagram:** onecombatsiouxcity | **Web:** onecombatacademy.com