



MARTIAL ARTS ELITE FITNESS

Kombat Hall offers authentic Martial Arts, personalised strength, flexibility, nutrition and injury management.



MMA



Kickboxing



Karate



Boxing



Jiu-Jitsu



Fitness



Assessments



Nutrition



Workshops



MIXED MARTIAL ARTS

Mixed Martial Arts (MMA) is a complete workout that improves overall fitness. It combines techniques from martial arts disciplines such as Karate, Boxing, Kickboxing, Wrestling, and Brazilian Jiu-Jitsu.

Suitable for : **Adults | Kids 8+ Years**



KICKBOXING

Kickboxing combines elements of boxing with Karate and Muay Thai, making it an effective way to develop strength, agility and self-defence skills. The high-intensity also reduces stress and improves cognitive focus. It is a fun and challenging way to stay fighting fit.

Suitable for : **Adults | Kids 8+ Years**



KARATE

Karate is one of the most respected martial arts globally. It uses kicking, punching, locking and throwing techniques to overcome an opponent. Karate emphasizes the development of inner strength and focus.

We practice a legacy of Sanshinkan Shito-Ryu Karate.

Suitable for : **Kids 4+ Years | Adults**



B O X I N G

Boxing is a combat sport with a rich history dating back centuries, it's a highly structured activity with padded gloves for punches and rules to ensure safety. At Kombat Hall, Boxing offers a great workout, builds strength, agility, and hand-eye coordination.

Suitable for : **Adults | Kids 8+ Years**



JIU-JITSU

Brazilian Jiu-Jitsu (BJJ) emphasises grappling and ground fighting. It focuses on range and technique to overcome larger opponents, making it effective for people of all sizes and abilities.

At Kombat Hall, we train on takedowns, takedown defence, ground control, locks and chokes.

Suitable for : **Adults | Kids 8+ Years**



FITNESS

Strength and Flexibility training increases muscle mass and reduces the chances of obesity, diabetes, mental ailments and heart disease. It improves bone density, which is particularly important for women. At Kombat Hall, you'll find top-notch strength training programs that expert coaches lead.

Suitable for: **Athletes | Women | Special Population**



ASSESSMENTS

Bio-mechanical Physio Assessments in partnership with top experts from Physio Active help athletes and all practitioners at Kombat Hall to improve their health and stay in top shape.

Suitable for : **Everyone**



NUTRITION

Right nutrition guidance helps everyone to stay on top of their health and achieve peak athletic performance. Our expert nutritionist provides 1:1 consultations for custom guidance and improvement.

Suitable for : **Everyone**



WORKSHOPS

Empower your employees with the warrior mindset to stay safe. Our workshops include warrior mindset, safety in public transport, cabs, offices and defence against attackers. We also conduct fitness and mobility workshops for enterprises.

Suitable for : **Companies | NGOs | Groups**

CORPORATE WORKSHOPS

Empower your employees with right mindset and techniques



WOMEN POWER

Come and discover the warrior in you.

STAY AWESOME

Join the vibrant group of warriors and stay awesome.



“

**Dedicated coaches, positive
feel and by far the best
facility around.**

**A temple for gaining the
strength, grit and a fit body!**

-Swati Agarwal

K O M B A T H A L L . C O M



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