

# FIGHTING CHANCE

“RECOVERY”

EST 2020



# WHAT IS FIGHTING CHANCE?

Fighting Chance (FC) is leading a movement that focuses on rehabilitation by using mixed martial arts as therapy.

# Our Founder

Former Dana White Contenders series veteran, former CXF featherweight champion, and current professional MMA fighter, Chase Gibson has competed at the highest possible level as a fighter, winning 2 Pro titles and several grappling titles – including multiple BJJ gold medals a total of 26 career fights and over ten years of sobriety. Chase has been in the gym nearly every day since 19 years old.

Chase decided to pursue a career in the rehab industry to help young adults who have lost their way. Why? Because he, along with his brother, was one of those people. Having hit rock bottom, he knows personally what it takes to get back on track. He will use his first-hand experience and knowledge of MMA and extensive experience running groups at various rehab centers across Southern California.



# Our Story

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# Our Program

Our program focuses on teaching our students the art of boxing. We use this physical activity as a vehicle for mindfulness and mental focus.

Every exercise is tailored to incorporate both mind and body. We focus on mobility, strength, and breathing to help our students be present.

This is not a contact class or sparring. We only focus on the technical aspect of boxing. If there are any students who want to further their training we can assist them in finding the right program either at our facility or another gym. Rad-T certified instructors



# Our Classes

Start with an in-depth warm-up and stretch to ensure we are prepped both mind and body.

After our warm-up, we begin to go over the fundamentals of boxing.

We finish with basic strength and mobility work. We use only bodyweight exercises allowing the client to always stay within their limit.

Throughout the class, we make it a point to relate the mental side of training to the struggles of living a sober life. We individually guide each student in a way that suits each person's current ability.



# A FITNESS PROGRAM THAT TEACHES HOW YOU HOW TO STAY IN THE MOMENT

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# Why?

- We help develop physical strength and conditioning.
- We help guide students to rediscover their self-discipline.
- We connect our students to their fighting spirit; we help students prepare for life on life's terms.
- We design every exercise to help our students become more aware present
- We teach our students to have a clear mind, both in peace and chaos.
- We teach skills that apply to other areas of your life.