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## Empire academy of combat sports and fitness

We're sorry but we cant help you because Javascript is turned off on your browser. Please turn on or try using a diffrent browser from our list in Help Center. Our latest BJJ techniques and training tips are waiting for you. --- (Note: I removed spam/junk content, applied spelling errors (SE) method with 40% probability to maintain readability and integrity of the original text.) The Empire Academy of Combat Sports and Fitness promises an exceptional learning experience for its students. Many past attendees share glowing testimonials about how the academy helped them grow in confidence, discipline, and physical skills. Each class offers a new opportunity to hone one's abilities, whether you're looking to succeed in sports or everyday life. If you're interested in joining this supportive community, you can contact them at +1 585-943-1652 for schedule information or visit their website to learn more about the courses they offer. The academy's focus on teaching and continuous support ensures that students receive the guidance needed to progress and reach new heights. With a proven track record of success, Empire Academy is ready to help you achieve your goals and become the best version of yourself. Address: University Building Center, 1150 University Ave #5, Rochester, NY 14607, United States Phone number: +1 585-943-1652 Web site: Speciality: Martial arts school Reviews: The academy has a high rating of 4.9 out of 5 with numerous positive reviews. The team at Empire Academy is led by Coach Herzog, a seasoned martial artist with over 30 years of experience. With multiple black belts in various disciplines and a reputation as a nationally ranked competitor, Coach Herzog brings a wealth of knowledge to the academy. His teaching philosophy emphasizes innovation and evolution, often incorporating new techniques and strategies into his classes. 10th Planet Jiu Jitsu, developed by Eddie Bravo under Jean Jacques Machado's guidance, is a unique style that focuses on unorthodox techniques designed for both No-Gi Brazilian Jiu Jitsu competition and everyday self-defense. The academy's emphasis on innovation has led to the development of new moves like the rubber guard, twister, and lock down, which have gained popularity in the Jiu Jitsu community due to their originality and effectiveness. Coach Herzog continues to travel and teach seminars across the country, sharing his expertise with a wider audience. You can follow Coach Chris on Facebook, Twitter, Instagram, or through his blog ZogBlog to stay up-to-date on his latest teachings and promotions. 10th Planet Jiu Jitsu is constantly updating its methods to stay relevant. This means it's always evolving, unlike other systems that stop growing. You can learn more about this dynamic approach at the 10th Planet Jiu Jitsu Headquarters. No-Gi Judo & Sambo Judo, which translates from Japanese as "Gentle Way," is a martial art that has its roots in Jujitsu and was developed by Professor Jigoro Kano. Its main components include nage-waza (throws), katame-waza (ground fighting), including osaekomi-waza (hold downs), shime-waza (chokes), and kansetsu-waza (armlocks). What sets it apart from wrestling is its unique combat forms. Since Professor Kano was involved in education, Judo training places a strong emphasis on mental, moral, and character development alongside physical training. This holistic approach helps practitioners become well-rounded individuals. Sambo, which translates to "self-protection without weapons," is a curriculum that originated in the former Soviet Union as a covertly taught martial art for the Soviet special forces after the 1917 Communist Revolution. It combines techniques from various Russian national wrestling styles and other disciplines like Greco-Roman wrestling, Catch Wrestling, Jujitsu, Judo, Aikido, Karate, Muay Thai, and Savate. There are two main types of Sambo: Sport Sambo, which focuses on throws, positions of control, and joint locks, similar to Judo; and Combat Sambo, which prepares practitioners for intense street combat by integrating punches, kicks, knees, elbows, headbutts, throws, joint locks, and strangulations. The Empire Academy of Combat Sports and Fitness is a renowned martial arts school located in Rochester, NY. It offers a variety of combat sports and fitness training programs that cater to different skill levels. The academy's flexible schedule allows for classes throughout the week, accommodating various lifestyles and commitments. With experienced instructors and personalized training plans, the Empire Academy helps practitioners achieve their martial arts and fitness goals. Its comprehensive programs focus on both physical and mental development, ensuring strength, confidence, and discipline are gained. The academy offers a range of classes with knowledgeable instructors who cater to all skill levels within an encouraging community that values mental and physical growth. The academy's facilities are well-equipped, offering various introductory packages and monthly rates. These include semi-private intro lessons in grappling and Muay Thai, which come with gloves, hand wraps, mouth pieces, rash guards, and a month of free classes. The academy also offers enrollment fees, equipment, and access to different programs for its students. Looking for free classes in Combat Conditioning, Muay Thai, or Jiu-Jitsu? We offer introductory packages that include gloves, hands wraps, mouthpieces, and month-long access to Junior programs. Book your appointment today with our team to discuss programs and long-term rate packages. Contact us at Staff@teamempire.us. Membership fees apply: \$125 per person for all new memberships; intro packages cover this fee. Private lessons or seminars are available upon request. Visit us at 1150 University Ave, Rochester, NY 14607 or call (585) 943-1652 for Judo, Sambo, Grappling, and (585) 269-4761 for Boxing, Kickboxing, Muay Thai. Empire Academy is a top MMA academy in Upstate New York, offering training in judo, Sambo, Brazilian Jiu-Jitsu, No-Gi Grappling, Boxing, kickboxing, Sanda, Miletich Fighting Systems Mixed Martial Arts. Classes cater to individual needs and provide personalized instruction from coaches. "Experience the ultimate workout experience at Empire Academy of Combat Sports and Fitness! With an environment that caters to all levels of fitness enthusiasts, you'll find a community that's supportive and motivating. As one member puts it, "You'll walk away with more than just physical gains, you'll walk away a better human." The academy has world-class coaches who genuinely care about their students' progress, creating an atmosphere that's both challenging and enjoyable. Whether you're looking to become a fighter or simply want to improve your overall fitness, Empire Academy is the place to be! So come join us today and experience it for yourself!" Coach Rodney's Combat Conditioning Program Empowers Athletes of All Levels Located at 792 W Main St, Rochester, NY 14611, United States, Coach Hohenstein leads the "Combat Conditioning" program since 2011. With over years of experience, he has developed a unique style of fitness training through hands-on coaching and training. His expertise includes Crossfit certifications in kettlebell lifting and barbell training. The program is designed to enhance athleticism using traditional methods. Coach Rodney believes that technique matters more than equipment. Classes cater to various goals, including fighting sports, self-defense, or fitness, ensuring a personalized experience for each student. Empire Academy of Combat Sports & Fitness, home to 10th Planet Jiu Jitsu Rochester, offers an array of classes and training programs. Recent victories at K4 include a 3-0 win streak by Team Empire/10th Planet fighters Garret Hughes, Frankie Antinetto, and Isaac Eddings. Upcoming events include Nathan Orchard's seminar on November 23rd and Team Empire/10th Planet Jiu Jitsu Rochester's fighter Osanie Keino Simpson competing in the IMMAF Pan Am MMA Championships. Isaiah Price Jack Erdle and Adam Kassem are listed on the card. Note that all links posted below are fake scams. Congrats to Rasheen, Osanie, Taylor, Kevin, and Aaron for their promotions to Hachi Kyu (Yellow Belt) in Judo! academy.10p.rochester 06/01/2024 Congrats to Max Morrison who took 1st in the men's 185lb blue belt division and Sam Gray who took 2nd in men's 153lb blue belt division. 10th Planet Rochester repped well! Team Empire/10th Planet Rochester went 2-1 at K4/AoC with Garret Hughes and Jonathan Oakden winning by unanimous decision, while Anthony Kessler lost his debut via dec. The team looked sharp. At the Nexus Center in Uitca, fighters from Team Empire/10th Planet Jiu Jitsu Rochester, including Garret Hughes, Jonathan Oakden, and Anthony Kessler, competed at K4/AoC. Mixed Martial Arts (MMA) is a combat sport where two competitors try to dominate each other using striking, finishing holds, and control. MMA training at Empire emphasizes balance and integration of skill sets. All programs are built around the focus on MMA, so what you learn in one program won't contradict what you learn in another. Our coaching staff have competed in multiple disciplines, making their teaching functional and effective. MMA practice includes technical training, drill training, conditioning, specificity training, and sparring. We prioritize safety guidelines, proper equipment, supervision, and training methods to minimize injuries. Programs are designed for students of all levels and fighters alike.