

Information:

Tuition Cost:

\$5.00 Drop In Fee per class

\$35.00 for an 8 Week Class

First class is FREE!

Times:

Teen Classes:

Saturday 10:00am -11:30am

For Students 6th-12th grade.

* PLEASE INQUIRE FOR EXACT DATES

Classes located at the Grace Center lower level, located across from Amazing Grace Church.



Pastor Kristy Pipes

Amazing Grace Church

512 Second Avenue, Sterling, IL 61081

Grace Center

509 Second Avenue, Sterling, IL 61081

Church Phone: 815-625-9300

Lalo's Cell: 815-499-3904

www.RevivalFires.net

Spirit, MIND, & Body



Muay Thai Ministries



Benefits of Muay Thai

SPIRIT

1. Core Values
2. Patience
3. Respect
4. Integrity
5. Humility
6. Perseverance

MIND

1. Memory Retention
2. Confidence
3. Self Control
4. Problem Solving
5. Adaption
6. Resilience

BODY

1. Balance
2. Coordination
3. Flexibility
4. Muscle Tone
5. Endurance
6. Core Strength



Muay Thai Ministries

What is Muay Thai?

Muay Thai or Thai Boxing is the national sport and cultural martial art of



Thailand. It was developed several hundreds of years

ago as a form of close-combat that utilizes the entire body as a weapon.

Today, Muay Thai is becoming very popular on a global scale. It was recently accepted as an Olympic Sport, finally gaining its deserved recognition. Professional martial artists from all sides of the fighting spectrum agree, Muay Thai is essential to becoming an all-around multifaceted fighter. As new training camps and gyms open around the world, Muay Thai continues to grow in popularity.



Here at Amazing Grace:

Our vision here at Amazing Grace Church is to utilize all the positive values one gains from practicing the art of Muay Thai. Muay Thai builds mind, body and spiritual strength. Combining Muay Thai together with biblical values helps to create a confident, sound minded, spiritually strengthened warrior.

Lalo Castillo, Instructor



Muay Thai became a part of my life back in 2010 when I was 35 but boxing was my first sport back when I was 15 years old. When I first tried Muay Thai, I liked it better than I liked boxing. I like to

joke and say “boxing is like checkers and Muay Thai like chess.” After a few MMA competitions, I decided to give up competing in order to put family first. Though I've given up competing, I never gave up practicing at home what I learned from Combat Zone and the most excellent instructors that sacrificed their time and patience in order to help me improve myself at the art of Muay Thai.

Now, I'm willing to do the same as my instructors did at Combat Zone and share the knowledge of Muay Thai and over all fitness to anyone willing to be a student of the art.

I first received Christ in May of 1995, but never fully served God. After years of running from God, a near death experience I had in June of 2019 had me contemplating life after death. It took a while, but I finally rededicated my life completely to the Lord in September of 2019 and have not looked back. Jesus is my Lord!

