

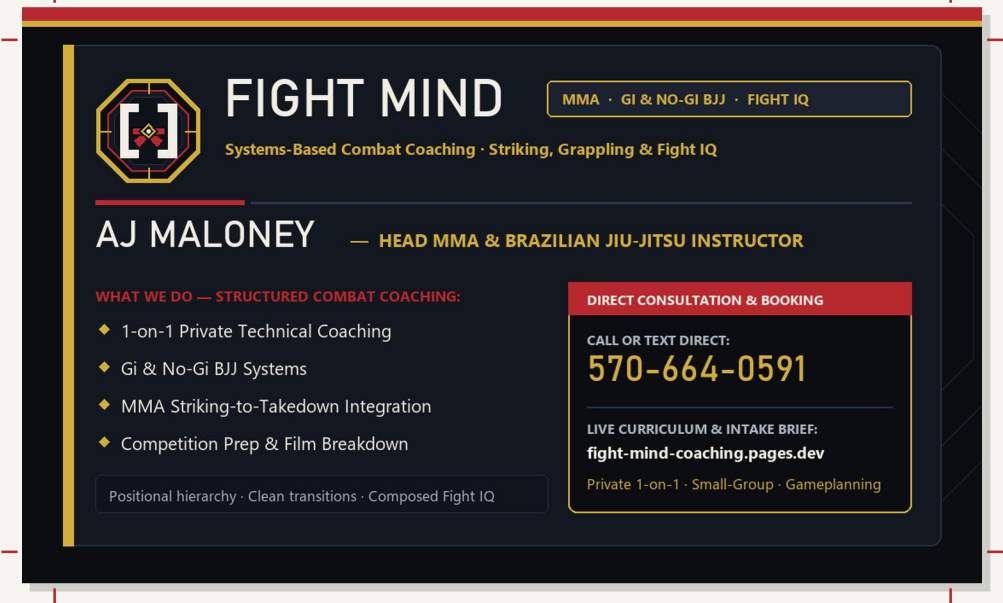


# FIGHT MIND — PRINT-READY BUSINESS CARDS PROOF

AJ Maloney · Head MMA & Brazilian Jiu-Jitsu Instructor · 570-664-0591 · [fight-mind-coaching.pages.dev](http://fight-mind-coaching.pages.dev)

Print Spec: 300 DPI Master · Trim: 3.5" x 2.0" (1050x600 px) · Full Bleed: 3.75" x 2.25" (1125x675 px)

## SIDE A — FRONT CARD PROOF (IDENTITY, VALUE PROPOSITION & DIRECT BOOKING)



## SIDE B — BACK CARD PROOF (THE 4 PILLARS OF FIGHT MIND TACTICAL DIAGRAM)



**Obsidian Core**  
#0B0D10



**Championship Gold**  
#D4AF37



**Crimson Strike**  
#B8292F



**Chalk White**  
#F3EFE6



# FIGHT MIND

MMA · GI & NO-GI BJJ · FIGHT IQ

Systems-Based Combat Coaching · Striking, Grappling & Fight IQ

## AJ MALONEY

— HEAD MMA & BRAZILIAN JIU-JITSU INSTRUCTOR

### WHAT WE DO — STRUCTURED COMBAT COACHING:

- ◆ 1-on-1 Private Technical Coaching
- ◆ Gi & No-Gi BJJ Systems
- ◆ MMA Striking-to-Takedown Integration
- ◆ Competition Prep & Film Breakdown

Positional hierarchy · Clean transitions · Composed Fight IQ

### DIRECT CONSULTATION & BOOKING

CALL OR TEXT DIRECT:

**570-664-0591**

LIVE CURRICULUM & INTAKE BRIEF:

**[fight-mind-coaching.pages.dev](https://fight-mind-coaching.pages.dev)**

Private 1-on-1 · Small-Group · Gameplanning

# THE 4 PILLARS OF FIGHT MIND

## TACTICAL FIGHT-CAMP ARCHITECTURE

### PILLAR 01 · STANDUP & SEAM ENTRY

#### Standup Distance, Frames & Entries

Range management, feints, defensive frames, and high-percentage entries across the seam.

### PILLAR 02 · CLINCH & CAGE CONTROL

#### Cage Craft, Wall Wrestling & Takedown Defense

Underhook/overhook leverage, head position, mat returns, and safe wall-walk recovery.

### PILLAR 03 · POSITIONAL GRAPPLING

#### Guard Retention, Passing & High-Percentage Submissions

Skeletal frames, hip angles, chest-to-chest pinning mechanics & isolated finishes.

### PILLAR 04 · COGNITIVE ARCHITECTURE

#### Composure Under Pressure & Round-by-Round Fight IQ

Pacing, tactical breathing, eliminating panic, and structured real-time problem solving.



#### WHO IT'S FOR

Complete Beginners · Adult Martial Artists · Active Competitors

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