

Training

Dropkixx Promotions' training school provides a comprehensive learning environment for its students, and is open to people of all ages and abilities. We conduct our sessions in an informal manner, and are proud to boast a friendly social atmosphere.

Our coaches are all professionally trained athletes with a wealth of knowledge and experience, such as the 20+ year veteran of British wrestling; Jon Ritchie, who represents Dropkixx as its head trainer.

Please find the [list of guest trainers](#) we have attracted in the past, which includes ex-WWE Superstars **Jake 'The Snake' Roberts**, **Tommy Dreamer**, **Scotty Goldman** and **Joe Legend**.

In addition to this, we have hosted stars from the top American independent companies, such as **Ring Of Honor** and **Total Nonstop Action**, for example **Doug Williams**, **Colt Cabana** and **Jimmy Rave**.

That's not all, as we have also treated our trainees to learn from some of the best British wrestlers of the golden generation, who would perform on ITV of a Saturday afternoon in front of up to 15 million viewers. Many will remember the great wrestlers of yesteryear such as **Steve Grey** and **Johnny Kidd**.

We believe in the art of professional wrestling, and are keen to emphasise that anyone can give this a go. It does not require a bodybuilder physique or a superstar look, just the desire to work hard & push yourself to be the best you can be. Beginners are as welcome as experts.

Dropkixx specialises in technical wrestling sequences and their integration into more modern techniques, but we also cater for a broader spectrum of skill sets. We are equipped to help students learn the art of becoming a **referee**, **manager**, **valet** or **ring announcer**.

Children are welcome at Dropkixx!

Under our tutorage, children can learn many key skills in confidence and discipline.

We teach them how to safely and correctly break their falls from any position, and strengthen their bodies with our exercises. Furthermore, our trainers will teach basic self defense wrestling techniques. Why not drop the kids off while you go shopping at Lakeside? Our professional trainers will look after your children during the session.

The Purfleet Gymnasium is a modern state of the art building with all the facilities needed to learn the wrestling craft. We have wall-to-wall floor matting and four crash mats for your protection, as well as a professional wrestling ring that is used for live events and training when deemed necessary.

Fully medical trained assistance available on site in the unlikely event of accidents. We have full public liability insurance whilst students are training in the gym for your peace of mind.

Professional wrestling is an exciting sporting entertainment involving some of the greatest athletes in the world. However, it is not just about 'clotheslines' or 'powerbombs'.

At Dropkixx we shall teach you how to fall properly in six different ways from any angle without warning. You will learn sequence wrestling, self defence, shoot / submission wrestling, timing, balance, expression, and the moves that have excited audiences of fourteen million people at a time.

Of course, you will also want to learn the action moves such as the DDT, clothesline, chokeslam, fore-arm smash, dropkick and the high flying aerial suplex combinations -- and we shall teach you.

There will be visits to shows to meet other wrestlers, which allows you to network and discuss tactics & methodologies (amongst other things) and when you are fully trained, we shall place you on a card with one of the many promoters nationwide with whom we have an arrangement, and who trust our judgement implicitly.

What we shall not do is introduce you to promoters until you are ready. We at Dropkixx have been in the wrestling business a very long time and are respected for our ability to deliver quality everytime.

When we do create your debut however, you will be ready. More importantly; you will be a **professional wrestler!**

Ladies wanted!

There is currently great demand for female wrestlers! Apply for special training and do something different with your life.

We are a friendly down to earth bunch of people who believe a healthy body is a healthy mind

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