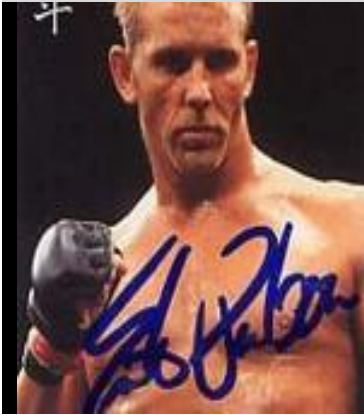


Pennsylvania Martial Arts Academy Presents



Erik Paulson **Special 2 day seminar** **Mixed Martial Arts Seminar**

September 11th 12th 2010

Saturday 10am-4pm Sunday 10am-4pm

Location: 609 Washington Ave Bridgeville PA 15017

ADVANCED REGISTRATION: Before September 2ND

2 Days \$185.00

Mail to PMA 609 Washington Ave Bridgeville Pa 15017

Make check payable to

Pennsylvania Martial Arts Academy

ONE DAY

\$100.00 per day

For more information contact Jeff Nix

@ 412-600-3372

sdc-pma@verison.net

Combat Submission Wrestling

Is a two part system that utilizes the best standing, takedowns, tackles and throws from Judo, Sambo, Greco, Collegiate and Freestyle Wrestling. The grappling system consists of 3 parts: Positioning/Controls ·Escapes/reversals ·Finishes/submissions. These techniques are taken from Judo, Sambo, Brazilian Jiu-Jitsu, Shooto, Pancrase and Catch-as-Catch-Can Wrestling. Submission Fighting / Vale Tudo.

One of the most complete empty hand fighting systems today. This blend contains the perfect circle of fighting styles; striking, clinching, throwing and ground submissions. The arts include Boxing, STX Kickboxing (Savate, Muay Thai kickboxing, X-training) Greco, Collegiate, Freestyle Wrestling, and ground submissions from Brazilian Jiu-Jitsu, Judo, Shooto and European Catch Wrestling

Registration

Name: _____

Address: _____

Phone: _____

E-mail : _____

Fill this out so I can read it

Waiver

By participation in this seminar I hereby waive all rights of possible injury to Pennsylvania Martial Arts Academy, Seminar Location, and all others associated with this seminar.

Signature: _____ (Must be signed and returned)

Make check payable to Pennsylvania Martial Arts Academy
Hotel accommodations Knights Inn 412-221-8110
Holiday Inn Express 412-914-2000