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Submission Grappling Crash Course

SEMINAR for Ages 12 & Over

Learn the moves you see in the UFC!

Location: XTREME FITNESS Friday Harbor, WA (Phone: 360.370.5636)

Date: Tues., Aug. 21st from 5:30p-7:30p

Cost: \$10 for members and \$15 for non-members

(Xtreme Fitness is located ¾ of a mile past the library on Beaverton Valley Rd.)

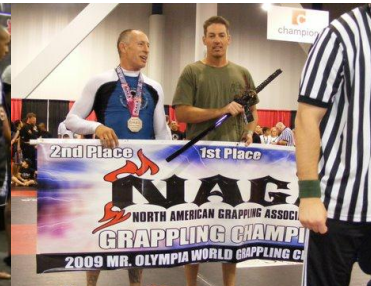
--Must pre-register at the front desk. Limited Spots Available--



Seminar Techniques:

(This seminar is technique only, No sparring.)

- Basic Positions
- Trap & Roll (how to escape being mounted)
- Straight Arm Bar
- Straight Arm Bar Defense/Escapes
- Rear Naked Choke
- Rear Naked Choke Defense/Escapes
- Kimura (+ a secret trick)
- Kimura Defense/Escapes
- Triangle Choke
- Triangle Choke Defense/Escapes



Seminar Instructors:

-Coach David Alexander

(Former Coach, Fighter and AZ Licensed Cornerman for the Champion Fight Team)

-BJJ Instructor Bryan Johnson

(Brazilian Jiu Jitsu Blue Belt (2010) under Jimmy Thompson)

For more info email Coach David Alexander

coachalexander@gmail.com

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