

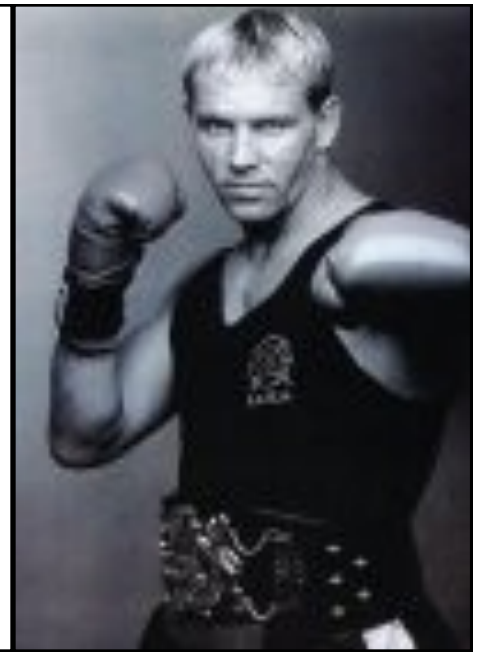
Columbia Martial Arts Training Center
Presents a Seminar with

Erik Paulson

In

Combat Submission Wrestling & Mixed Martial Arts

Oct 2 & 3



Sensei Erik Paulson is the first American to win the World Shooto Title in Japan – a title he defended for 5 years. Starting with Judo in 1974, Erik has trained in many disciplines including Tae Kwon Do, Boxing, JKD and Brazilian Jiu-Jitsu, studying first with Rorion Gracie in his garage in 1989. He is a Black Belt in Brazilian Jiu-Jitsu under Rigan Machado. He has trained with more than 40 different teachers in his over 30 years of training and has a wealth of information to share. He has trained and cornered for Brock Lesner, Sean Sherk, Josh Barnett and James Wilkes – winner of the Ultimate Fighter. He is an excellent instructor – his seminars are tremendously informative and exhausting! He will work striking, clinching and submissions. Don't miss this chance to train with a grappling legend and the trainer of champions.

Location: **Columbia Martial Arts Training Center**
239 Two Notch Rd.
Lexington, SC 29073

(803) 356-9755 or contact Mark Mills (803) 467-4582
Go to www.cma-sc.com for registration info and directions

Time: Saturday - 11:00am to 4:00pm (with a break for lunch)
Sunday - 10:00am to 2:00pm (No lunch break)

Equipment: Bring Boxing and/or MMA gloves, Shin Pads, Focus Mitts and a lot of energy!

Both Days: \$175 (pre-registered by Sep 29) One Day: \$100 (pre-registered by Sep 29)
\$195 (at the door) \$120 (at the door)

Early Bird Discount: Form must be postmarked no later than Sept. 18

Both Days: \$160

One Day: \$90

Name _____

Age _____

Address _____

City _____ ST _____ Zip _____

Home Phone _____ Cell Phone _____

Anyone under the age of 18 will need a waiver signed by a parent or guardian. You can call the school (803) 356-9755 or get one from our website (www.cma-sc.com)