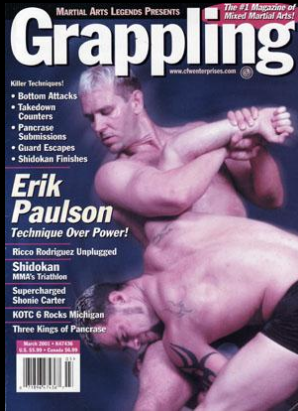


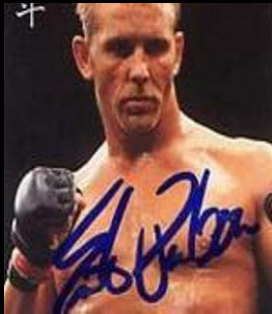
LOCATION:

FORT WORTH, TEXAS
FIGHTING METHOD
UNIVERSITY
7525 Camp Bowie W
FORT WORTH, TX 76116

May 28th, 2011



Date: 5/28/2011
Time: 10am – 3pm
\$110 for 1 day



Register:
Cory Smith
817-938-8888
or
Tim McFatrige
254-749-9528



Fighting Method University
is proud to present

Erik Paulson

Combat Submission Wrestling : One Day Seminar



Erik Paulson's Combat Submission Wrestling Seminar is the most dominant Mixed Martial Arts training system available. CSW is a blend of STX Kickboxing, Jun Fan Kickboxing, Muay Thai, French Savate, Western Boxing, Greco-Roman and Freestyle Wrestling, Catch Wrestling, Shooto, Filipino Dumog, Judo and Brazilian Jui-Jitsu. It encompasses three areas: Kickboxing, Clinching and Grappling which focuses on Submission Wrestling, Submission Fighting and Self-Defense.

He currently runs the CSW Training Center in Fullerton, CA where he trains MMA fighters such as Josh Barnett, Ken Shamrock, Cub Swanson, Ginelle Marquez and is closely affiliated with Sean Sherk and Brock Lesnar of the Minnesota Martial Arts Academy. Erik Paulson is the three time World Shooto Champion, the only American to ever achieve this.

Contact and payment information:

Cory Smith
817-938-8888
corysmith@jkdkali.com

Tim McFatrige
254-749-9528
tim_jkd@yahoo.com

You may also send payment through PayPal to either email address. Spots are limited for this seminar, so in order to secure your spot, we ask that you go to <http://www.isgmma.com> and pre-register for this event by paying a deposit of \$50.

Wear wrestling shoes, shorts, shirt, knee pads, etc... We will be training on mats so you may go barefoot, but please trim toe and finger nails as hygiene is very important. As hygiene is very important, make sure you shower before attending each day. People with improper hygiene may be asked to leave. Those with exposed and potentially infected sores will be asked to leave; for the safety and health of all others attending. Breaks will be given throughout the day for rest, snack and hydration. There will be a one hour lunch break each day.