

DON GARON  
Proudly presents

# ERIK PAULSON

Former World Light Heavy Weight Champion

## Mixed Martial Arts Seminar

(Shoot wrestling/Brazilian Ji-Jitsu) (Muay Thai /JKD/Savate)

June 16<sup>th</sup> and 17<sup>th</sup> 2007

Location:

Alexander's Athletic Club  
2403 Washington Rd  
Canonsburg PA 15317

**ERIK PAULSON** - Erik holds the ranking of Shooter Class A. He is one of only five people in the U.S. to attain this professional ranking under Sensei Sayama. Trained by Sensei Yoronaga Nakamura at the Inosanto Academy, Erik has recorded exceptional ring success in mixed martial arts bouts in Japan. He won his world light-heavyweight title in Tokyo, Japan. With over twenty-five years of experience in the Martial Arts, Erik holds instructor rankings in Judo and Karate, as well as a full instructorship in Jun Fan Jeet Kune Do and the Filipino Martial Arts under Guro Dan Inosanto.

Mixed Martial Arts is fast becoming "The Ultimate Ring Sport," and is already one of the most popular Martial Arts in the country. Combining Western Boxing, Thai Boxing, Amateur Wrestling, Judo, and Brazilian Ju-Jitsu, it has become the ultimate fighting sport. The result includes punching, elbows, kicking, kneeing, throwing/tackling, and ground submissions. Erik is one of the premier trainers in the U.S. Don't miss this chance to learn from one of the best in the sport!!

### HOTEL ACCOMMODATIONS

SUPER 8 SOUTHPOINTE - 724/873-8808  
HILTON GARDEN INN – 724/743-5000

### RECOMMENDED EQUIPMENT (Not Mandatory)

Thai pads, focus mitts, boxing gloves, bag gloves, hand wraps, groin protector, mouthpiece, suitable workout clothes, wrestling shoes. (Equipment will be on sale at the seminar)

### Seminar Times

Saturday 9am - 3pm

Sunday 9am – 3pm

### Registration

ADVANCED REGISTRATION

\$95. ONE DAY

\$180. TWO DAYS

AT DOOR

\$115. Per day

**Seminar registration is limited! Register early!**

**Advanced Registration must be postmarked by FRIDAY JUNE 1<sup>ST</sup>, 2007**

**NO EXCEPTIONS!**

## ERIK PAULSON SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_

Martial Arts School Name \_\_\_\_\_

Instructor's Name \_\_\_\_\_ School Phone \_\_\_\_\_

School Address \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

I WAIVE ALL RIGHTS OF POSSIBLE INJURY TO DON GARON, ALEXANDER'S ATHLETIC CLUBS AND ALL ASSOCIATES OF BOTH PARTIES.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent's Signature if participant is under 18)

**MAKE CHECK OR MONEY ORDER PAYABLE TO: DON GARON**

**MAIL TO:**  
Don Garon  
c/o Dave Rusch  
28 Zimmerman St.  
Pittsburgh, PA 15210

**PRE-REGISTRATION MUST BE POSTMARKED BY Friday June 1<sup>st</sup>, 2007 NO EXCEPTIONS!**  
FOR MORE INFORMATION CONTACT: DON GARON AT 404-452-4527

**Don Garon  
720 Lullwater Circle  
Newnan GA 30263**