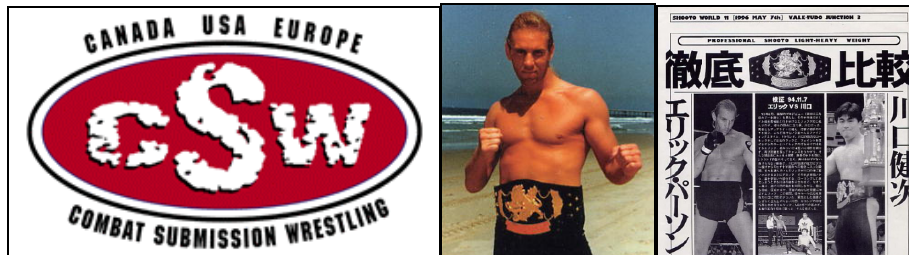


Do not miss this opportunity to train with "The human encyclopedia of submissions"  
Check Out Erik Paulson on YOUTUBE or www.erikpaulson.com for sample videos!



Improve your Wrestling, Submission Grappling & Jiu Jitsu dramatically!  
Beginner – Intermediate – Advanced & Masters (All Level!)

**PRESENTED BY:** Erik Paulson's CSW Association & ABQ Kickboxing & MMA

**SEMINAR DATE:** Saturday February 28<sup>th</sup> & Sunday March 1<sup>st</sup> 2009  
Seminar Time 10:00am – 4:00pm \*Both Days with 1 hour lunch

**LOCATION:** Albuquerque Kickboxing & Mixed Martial Arts  
300 Menaul Blvd NW Suite 216  
Albuquerque, New Mexico 87107

**REGISTRATION:** Contact: Sifu / Coach Ray Yee at 505-610-2792 / 505-265-5922  
(EMAIL: abqkbinfo@comcast.net)

**PRE REGISTRATION:** (February 5th deadline) - \$95 (1 day) \$180 (2 days)

**POST REGISTRATION:** \$100 (1 day) \$195 (2 days)

**INSTRUCTOR PROFILES:** Starting with Judo in 1974, Paulson has trained in many disciplines including Freestyle and Greco-Roman Wrestling, Tae Kwon Do, Boxing, Jeet Kune Do, Filipino Kali/Eskrima, Sambo (martial art), Catch Wrestling and Brazilian Jiu-Jitsu, studying first with **Rorion Gracie, Royce Gracie, Rickson Gracie** in his garage in 1989. He has studied with 40 different teachers over his 30 years of training including **Judo Gene Lebell, Rick Faye, Greg Nelson, Charlie Gergan, Yorinaga Nakamura, Larry Hartsell, Tim Tackett, Ajarn Chai Sirisute, Nic Saignac, Rigan Machado, Rico Chipparelli**, and the **legendary Dan Inosanto (Bruce Lee's protégé)**, who claims Erik is one of the world's most dynamic grapplers.

**Paulson** is the **first American to win the World Light-Heavy Weight Shooto Title in Japan- a title he defended for 5 years.**

He currently runs the CSW Training Center in Fullerton, California where he trains MMA fighters such as **Josh Barnett, Ken Shamrock, Renato Sobral, Cub Swanson, Ben Jones and Ginelle Marquez**. He also trains **Former UFC Champion Sean Sherk** and **Current UFC Heavy Weight Champion Brock Lesnar** of the Minnesota Martial Arts Academy. Erik came out of retirement in October 2007 to headline the first HDNET MMA fight card. Paulson took on Jeff Ford in the main event of the night. Paulson made quick work of Ford, winning by spinning arm bar in the opening minutes of the first round.

Erik recently received his **Black Belt in Brazilian Jiu-Jitsu** from **Rigan Machado**. Erik is the founder of **Combat Submission Wrestling**, and **STX Kickboxing**.

### Shooto Instructor Lineage

Satoru "Super Tiger" Sayama → Yorinaga Nakamura → Erik Paulson

### Brazilian Jiu-Jitsu Instructor Lineage

Mitsuyo "Count Koma" Maeda → Carlos Gracie, Sr. → Carlos Gracie, Jr. → Rigan Machado → Erik Paulson

EQUIPMENT RECOMMENDED: ALL BOXING, KICKBOXING & MMA GEAR!

- Note taking gear (as no video recording is allowed)

**STUDENTS & STAFF WITH ANY RANK UNDER ABQKB's SUBMISSION GRAPPLING or WANT ANY RANKING, MUST ATTEND!**

**PROS / AMATEUR FIGHTERS & FUTURE COMPETITORS THIS SEMINARS IS A PRIORITY!**