

**PROGRESSIVE MARTIAL ARTS**

proudly presents

**ERIK PAULSON & GREG NELSON**

**CSW / MIXED MARTIAL ARTS**

**EAST COAST MMA 2-DAY CAMP**



*“Don’t miss out on training with 2 of the most sought out MMA coaches out there today!”*

*Both instructors bring a plethora of experience and insight and you don’t want to miss out on all the training, coaching and knowledge that only these two can bring to the table.*



**Erik Paulson**, the founder of **Combat Submission Wrestling**, which blends Judo, Freestyle Wrestling and Greco-Roman Wrestling with techniques and submissions from Shootwrestling, Brazilian Jiu-Jitsu, Sambo and Catchascatchcan. Combat Submission Wrestling trains the individual to strike, clinch, takedown, and submit on the ground in either a sport, mixed martial arts, or self defense environment. It is laden with painful submission holds and a plethora of devastating leg locks. This highly evolved style provides the perfect compliment to Brazilian Jiu-Jitsu. Erik is one of the most sought out MMA coaches of our time and has trained the likes of famed MMA fighters, **Brock Lesner, Ken Shamrock, Sean Sherk, James Wilks and Josh Barnett.**

**Greg Nelson** is a highly certified martial artist, seasoned competitor and one of the best MMA coaches in the sport. As a coach, he has worked with some of the best MMA fighters to date, including **Dave Menne, Sean Sherk, Brock Lesnar.** He is most well known for bringing his fighters from beginners to their title fights. Greg is a two time cancer survivor, overcoming 2 of the most deadly cancers out there, demonstrating his fighting spirit and inspirational qualities.



**Progressive Martial Arts**

175-25 Horace Harding Expwy Queens, NY 11365

<b>Fee:</b>	<b>Advanced Registration</b>	<b>After MAY 24th</b>
<b>1 DAY</b>	<b>\$125</b>	<b>\$150</b>
<b>2 DAYS</b>	<b>\$225</b>	<b>\$250</b>

**Recommended Equipment:**

Boxing Gloves, Bag Gloves, Focus Mitts, Shin Guards, Mouthpiece, Groin Protector

**Optional:** MMA Gloves, Rash Guard, Board Shorts

**Equipment, Clothing & DVD’s will be available for sale at the seminar!**

**June 1st & 2nd 2013**  
**10:00am to 4:00pm**

**CALL NOW!**

**718.461.0700**

**or REGISTER ONLINE**

[www.ProgressiveMartialArts.com](http://www.ProgressiveMartialArts.com)

**ADVANCED REGISTRATION ENDS MAY 24th!**

# CSW East Coast MMA Camp Registration Form JUNE 1 & 2, 2013

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

Address: \_\_\_\_\_ apt#: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_ Amount Enclosed\$ \_\_\_\_\_

Days Attending: (please circle one) Sat. / Sun. / Both Days

Balance Due: \$ \_\_\_\_\_

*I waive all rights of possible injury to Progressive Martial Arts & its Associates.*

\_\_\_\_\_  
Signature (parent's signature if under 18 )

\_\_\_\_\_  
Date

**No Personal Checks!**  
 Make certified check or money order payable to: **Progressive Martial Arts**  
 You may also register by phone with any Major Credit Card. Call 718.461.0700  
 Or register online at [www.ProgressiveMartialArts.com](http://www.ProgressiveMartialArts.com)  
**At least 50% deposit required. Balance payable at the door in CASH or MONEY ORDER.**  
 No refunds or credits after May 24th.  
**Absolutely NO VIDEO, PICTURES, AUDIO RECORDING permitted.**  
 Please send payment and completed form to:  
 Progressive Martial Arts, 175-25 Horace Harding Expressway, Fresh Meadows, NY 11365

## Directions:

### From Long Island:

- A) Take Long Island Expressway (495) West
- B) Exit 25 (Utopia Parkway)
- C) Stay on Service Road for 1 Block
- D) PMA is on Right

### From Manhattan:

- A) Take Long Island Expressway (495) East
- B) Exit 25 (Utopia Parkway)
- C) Make Left at Light (Utopia Parkway)
- D) Make Left on Horace Harding Expwy N
- E) PMA is on Right

### From NJ / Bronx:

- A) Take GWB to Cross Bronx Expressway
- B) Take I-295 S via EXIT 12 toward Throgs Neck Bridge
- C) Take Throgs Neck Bridge to Clearview Expressway
- D) EXIT to 495 W (Long Island Expwy) towards Midtown Tunnel
- E) Exit 25 (Utopia Parkway)
- F) Stay on Service Road for 1 Block
- G) PMA is on Right

## Accommodations:

**Adria Hotel**, 220-33 Northern Blvd., Bayside, NY 11361 (800) 272-3742

**Anchor Motor Inn**, 215-34 Northern Blvd., Bayside, NY 11361 (718) 428-8000

**Courtyard Marriott LaGuardia**, 90-10 Ditmars Blvd, East Elmhurst, NY 11369 (718) 446-4800

