

PROUDLY



PRESENTS



ERIK PAULSON

About Erik Paulson

Erik Paulson is the founder of Combat Submission Wrestling and a two-time world light heavyweight shootwrestling champion. For over twenty years, Erik Paulson has studied the art of grappling. Erik's system, Combat Submission Wrestling, blends grappling techniques and concepts from Judo, Freestyle Wrestling and Greco-Roman Wrestling with techniques and submissions from Shootwrestling, Brazilian Jiu-Jitsu, Sambo and Catchascatchcan, as well as, striking from Boxing, Muay Thai, French Savate, and STX (his own Savate-Thai Boxing Cross). It has been touted by some as the most complete mixed martial arts training system available. As a trainer/coach, he has worked with top fighters such as, Ken Shamrock, Josh Barnett, UFC Heavyweight Champion, Brock Lesnar, and TUF 9 Winner, James Wilks. Don't miss this opportunity to train with a true pioneer of the MMA world. Reserve your spot today for what will be both an educational and entertaining seminar with the great Erik Paulson.



..... SEMINAR INFORMATION

Dates: Saturday, October 24 & Sunday, October 25

Times: 11 AM to 5 PM Both Days

Location: Titan Fitness & Martial Arts (formerly the State College Martial Arts Academy)
412 W. College Avenue, State College, PA 16801 • (814) 235-1015

..... REGISTRATION & PAYMENT INFORMATION

Pre-Registration Rates (by October 1): ONE DAY: \$80 TWO DAYS: \$150

Registration after October 1: ONE DAY: \$100 TWO DAYS: \$180

Payments can be made via check (payable to "Titan Fitness"), Money Order, or PayPal

----- Go to www.titanfitness.com/erikpaulson for easy online registration -----

..... HOTEL ACCOMMODATIONS

Imperial Motor Inn (800) 782-0716 Room Rates: \$55/night (by October 1)

Mention "Paulson Seminar" to get seminar rates. Hotel is a 30 seconds walk from gym.

..... EQUIPMENT RECOMMENDATIONS

Mandatory: Workout Clothes, Bag Gloves, Shin Pads, Cup, Mouthpiece, Wrestling Shoes, Notebook & Pen Optional: Thai Pads, Focus Mitts, MMA Gloves, Wrestling Head Gear

The seminar will be marketed all over the East Coast making spots limited, so reserve your spot NOW!

TITAN FITNESS (814) 235-1015 www.titanfitness.com info@titanfitness.com