

Saturday, August 15th
&
Sunday, August 16th

2009

Mixed Martial Arts Sport Camp

Martial Arts
OLYMPIC TAEKWONDO/
BAS RUTTEN MMA GROUND
SELF-DEFENSE/BOXING

CAMP COACHES:
MMA PROFESSIONAL FIGHTER JOSH SOUDER
US TAEKWONDO NATIONAL COACH CHRISTINA BAYLEY



WHY YOU'LL LOVE THE MIXED MARTIAL ARTS CAMP....

You'll learn from the best coaches in Ohio

JOSH SOUDER



PROFESSIONAL MMA FIGHTER/ IFL CHAMPION
MTV'S MADE COACH; EXPERT INSTRUCTOR IN
BOXING & BASS RUTTEN GROUND DEFENSE

CHRISTINA BAYLEY



U.S. TAEKWONDO OLYMPIC SPARRING NATIONAL COACH
6TH DEGREE BLACK BELT
FOUGHT IN OVER 15 COUNTRIES
8-TIME U.S. NATIONAL TEAM MEMBER
OVER 21 YEARS IN TAEKWONDO TEACHING EXPERIENCE

A program for your skill level

The mixed martial arts camp is designed to develop male and female athletes ages 8 yrs. and older. Learn the fundamental skills in Olympic Taekwondo Sparring, Bas Rutten MMA Ground Self-Defense, and Boxing. No Martial Arts experience is required! Registration ends and must be mailed by Sat. Aug. 8th!

Sat. Aug. 15th and Sunday Aug. 16th Daily schedule

10:15am: Athlete arrival

10:30am-12pm: Olympic Taekwondo

12pm-1pm: Lunch break

1pm-2:30pm: Bass Rutten MMA Ground Self-Defense

3-4pm: Boxing

Camp Fees & Needs

\$199 (If you already have Boxing gloves) or \$225 (If you need Boxing Gloves)

Athletes need to bring: a healthy lunch, water bottle and towel.

Must dress appropriately (multiple change of clothes required). Mouthpiece mandatory for all. Groin cup for males.

Camp will be held at:

Total Taekwondo & Fitness • 1942 East Stroop Rd • Kettering, Ohio • 937-298-7119 • tkd@erinet.com •

<http://www.tftkd.com> Please complete registration form and mail with payment to above address.

Registration must be mailed by no later than Sat. Aug. 8th! No videotaping allowed!