

# SUBMISSION GRAPPLING SEMINAR



YES, YOU CAN CONTROL SOMEBODY BIGGER AND STRONGER THAN YOU!

LEARN HOW TO PUT YOUR OPPONENT INTO POSITIONS THAT ARE TO YOUR ADVANTAGE AND LEARN HOW TO AVOID ANY POSITIONS NOT TO YOUR ADVANTAGE!

GROUND WORK: SUBMISSIONS, ESCAPES, DEFENCES, SWEEPS, POSITIONING, TECHNIQUES & TACTICS WILL ALL BE COVERED.

THIS SEMINAR IS SUITABLE FOR ALL LEVELS.

**SUNDAY 12<sup>TH</sup> SEPTEMBER**  
**12noon to 3pm**

TAUGHT & COACHED BY ROBERT 'THE MAN' DEVANE & FRIENDS

**AT M.A.I. BLACKROCK**

Unit 1 Brookfield Terrace, Blackrock, Co. Dublin. Tel: 01-2064711

THE PRICE FOR THIS SEMINAR IS 50 EURO

PLACES ARE LIMITED AND THE FULL FEE MUST BE PAID BEFORE THE EVENT TO BOOK YOUR PLACE. YOU CAN REGISTER AT ANY OF THE 3 DOJOS.

PLEASE WEAR COMFORTABLE CLOTHES SUITABLE FOR GRAPPLING. GROIN GUARDS AND GUM SHIELDS ARE NECESSARY TOO. A SPARE T-SHIRT AND A SWEAT TOWEL WILL COME IN HANDY ALSO.

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