

# TOTAL COMBAT ACADEMY

## Mixed Martial Arts Classes

**CLASSES START OCTOBER 10, 2009**

**SATURDAY'S: 10am**



Cost: \$15.00/session OR  
\$40.00/Month (4 classes)



***Instructor: Chris Myers,  
over 13 years Grappling Experience!***

***\*\* WEF Middleweight Champ \*\* Ring of Honor Welterweight Champ***

***\*\* 5 Time Ruff-Man Grand Champion \*\* Chaos in the Cage Grand Champion***

Classes will cover the sports essential elements: Striking, Grappling and Submissions. Classes are intended both for those training to compete as well as those who just want to train for the enjoyment and fitness benefits of the sport! Develop the strength, speed, power and stamina to make the most of your skills!

*Required equipment: Athletic cup and Mouthpiece.*



## Call Today - 348-6339

**Total Combat Academy also offers:**

- Strength & Conditioning for Combat Athletes
- Skills Sessions
- Training Camp Facilitation - Let us help you or your team prepare for your event!
- Individual and Small Group Training
- Open Mat



**WWW.TADSPORTS.NET**

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