

**Trident Martial Arts Is Proud To Present:**



**FOR A SPECIAL EVENT:**

**04/25/2015 & 04/26/2015**

**11a.m. to 2 p.m.**

Since 1974, Erik Paulson has trained in many disciplines including Freestyle and Greco-Roman Wrestling, TKD, Boxing, Jeet Kune Do, Filipino Kali/Eskrima, Sambo (martial art), Catch Wrestling and Brazilian Jiu-Jitsu, studying first with Rorion Gracie, Royce Gracie, Rickson Gracie in 1989. He has studied with 40 different teachers over his 30 years of training including Rick Faye, Greg Nelson, Yorinaga Nakamura, Larry Hartsell, Tim Tackett, Ajarn Chai Sirisute, Nic Saignac, Rigan Machado, Rico Chipparelli, and the legendary Dan Inosanto, who claims Erik is one of the world's most dynamic grapplers. He currently runs the CSW Training Center in Fullerton, California where he trains MMA fighters such as Josh Barnett, Ken Shamrock, Renato Sobral, Cub Swanson, Ben Jones and Ginelle Marquez. He is closely affiliated with Sean Sherk and Brock Lesnar of the Minnesota Martial Arts Academy. Erik holds the rank of Black Belt in Brazilian Jiu-Jitsu from Rigan Machado. He also trained extensively with Rorion, Royce, and Rickson Gracie. Erik is the founder of *Combat Submission Wrestling*, and *STX Kickboxing*.

Whether you want to increase and improve your knowledge base and skills, or you're preparing for competition, you won't want to miss this opportunity to train with the legendary Erik Paulson. Seminar is open to all ages.

All participants (or parent, if under age 18) must sign a Release From Liability. No videotaping without permission.

**LOCATION: TRIDENT MARTIAL ARTS, 3310 Noble Pond Way #104, Woodbridge, VA 22193**

**REGISTER/CONTACT: 703-490-2425 or tridentacademy@comcast.net**

Advance Registration (by 04/18/14):	1 Day \$ 95	2 Days \$180
At the Door:	1 Day \$110	2 Days \$210

**ADDITIONAL \$5 FOR PAYPAL TRANSACTIONS MC/VI/DS/AX ACCEPTED VIA TELEPHONE**