

**PROGRESSIVE MARTIAL ARTS**  
presents **MMA SUPER COACH**

# Erik Paulson

## CSW / STX KICKBOXING / MMA



### 11:00AM - 1:15PM • STX KICKBOXING •



This hybrid striking system developed by Erik Paulson focuses on explosive techniques in Boxing, Panatukan, Jun Fan/JKD Kickboxing, Savate, and MuayThai (Thai & Dutch methods). In STX Kickboxing, students will learn a blend of elbows, punches, and knees from each art. These skills are easily translated in MMA, kickboxing, and self-defense situations. From glove drills, focus mitts, Thai-pads, and sparring, students will have a variety of striking options.

### 2:15PM - 4:30PM • CSW • NO-GI SUBMISSION GRAPPLING •

Erik's system (CSW) blends Judo, Freestyle Wrestling, and Greco-Roman Wrestling with techniques and submissions from Shootwrestling, Brazilian Jiu-Jitsu, Sambo, and Catchascatchcan. CSW trains the individual to strike, clinch, takedown, and submit on the ground in either a sport, mixed martial art, or self-defense environment. It is laden with painful submission holds and a plethora of devastating leg locks. The evolved style provides the perfect compliment to Brazilian Jiu-Jitsu.



MORNING SESSION	\$65
AFTERNOON SESSION	\$65
BOTH SESSIONS	\$100

**REGISTER TODAY**

**718-461-0700 or**  
**www.ProgressiveMartialArts.com**

**Saturday**  
**October 14th**  
**11:00am to 4:30pm**

LOCATION: **Progressive Martial Arts**  
175-25 Horace Harding Expwy Queens, NY 11365

Recommended Equipment:

For STX: Boxing Gloves, Bag Gloves, Focus Mitts, Shin Guards, Mouthpiece, Groin Protector

For CSW: MMA Rash Guard / Board Shorts

# ERIK PAULSON SEMINAR Registration Form **OCTOBER 14th, 2017**

Name \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_ apt#: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail: \_\_\_\_\_ Amount Enclosed\$ \_\_\_\_\_

Days Attending: (please circle one) AM / PM / Both Sessions

Balance Due: \$ \_\_\_\_\_

*I waive all rights of possible injury to Progressive Martial Arts & its Associates.*

\_\_\_\_\_  
Signature (parent's signature if under 18)

\_\_\_\_\_  
Date

**No Personal Checks!**  
Make certified check or money order payable to: **Progressive Martial Arts**  
You may also register by phone with any Major Credit Card. Call 718.461.0700  
Or register online at [www.ProgressiveMartialArts.com](http://www.ProgressiveMartialArts.com)  
**At least 50% deposit required. Balance payable at the door in CASH, CREDIT CARD or MONEY ORDER.**  
No refunds or credits after Oct 11th.  
**Absolutely NO VIDEO, PICTURES, AUDIO RECORDING permitted.**  
Please send payment and completed form to:  
Progressive Martial Arts, 175-25 Horace Harding Expressway, Fresh Meadows, NY 11365

## Directions:

### From Long Island:

- A) Take Long Island Expressway (495) West
- B) Exit 25 (Utopia Parkway)
- C) Stay on Service Road for 1 Block
- D) PMA is on Right

### From Manhattan:

- A) Take Long Island Expressway (495) East
- B) Exit 25 (Utopia Parkway)
- C) Make Left at Light (Utopia Parkway)
- D) Make Left on Horace Harding Expwy N
- E) PMA is on Right

### From NJ / Bronx:

- A) Take GWB to Cross Bronx Expressway
- B) Take I-295 S via EXIT 12 toward Throgs Neck Bridge
- C) Take Throgs Neck Bridge to Clearview Expressway
- D) EXIT to 495 W (Long Island Expwy) towards Midtown Tunnel
- E) Exit 25 (Utopia Parkway)
- F) Stay on Service Road for 1 Block
- G) PMA is on Right

