

To be tough, you need to train tough!  
To be the best, you need to train with the best!

**COACH MIKE KELLY**



- 3x FILA World grappling Bronze Medalist
- 2009 World Grappling League Champion
- 5x Naga Advanced Level Champ
- Best of the West Champ
- Member of 6 World Championship Grappling Teams
- Currently Ranked #1 Grappler in the USA at 165lbs Both in the GI and No-GI

**AGES:** Middle School—Adult

**TIME:** Monday & Wed. 7:00-8:30 p.m.

**WHAT YOU WILL LEARN:**

- ◆ Submission Techniques
- ◆ Boxing Technique
- ◆ Grappling Fundamentals to Advanced
- ◆ Cardio & Circuit Training
- ◆ Live Grappling
- ◆ Sparring



Grappling  
Grippler