

# Russian Martial Art

## ROSS Seminar

Join us for our next Russian Martial Art—ROSS Seminar in Frazer, PA. In conjunction with Valor Martial Arts, the American Annex to the Russian Federation of Russian Martial Art will be conducting a three-hour seminar.

The focus of the seminar will be on ROSS bio-mechanical exercises and principles as they are applied to escapes and evasions.

The seminar will include the application of ROSS principles to escaping holds while standing, while on the ground, and while anywhere in between. In addition, ROSS principles of evasion will be reviewed.



### For More Information:

- > Alan Livelsberger:  
livelsberger@amerross.com

### Cost:

- > \$40

### When:

- > June 25, 2011  
2:00 p.m.—5:00 p.m.

### Where:

- > Valor Martial Arts:  
520 Lancaster Ave. Unit #4  
Frazer, PA

### Content:

- > ROSS Principles of Escapes and Evasions

### Equipment:

- > No special equipment is required!



**AmerROSS**

American Annex to the  
Russian Federation of Russian  
Martial Art

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