

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 four-hour seminar.

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

The seminar will include the application of ROSS principles to throws/takedowns. In addition, ROSS principles of groundwork/submissions will be reviewed.



For More Information:

- > Alan Livelsberger:
livelsberger@amerross.com

Cost:

- > \$35

When:

- > July 18, 2010
9:30 a.m.—1:30 p.m.

Where:

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

Content:

- > ROSS Principles of Jacket and Jacketless Grappling

Equipment:

- > Be sure to bring a grappling jacket (Gi or Kurta).



AmerROSS

American Annex to the
Russian Federation of Russian
Martial Art

113 E. Walnut St.
Lancaster, PA

Phone: 717.393.6851
www.AmerROSS.com
E-mail: fabel@AmerROSS.com

