

Russian Martial Art ROSS Seminar

Join us for our next Russian Martial Art—ROSS Seminar in Ocean, NJ. In conjunction with I.C.A.T. Academy, the American Annex to the Russian Federation of Russian Martial Art will be conducting a one-day seminar.

The focus of the seminar will be on ROSS bio-mechanical exercises and principles as they are applied to Close-Quarters Hand-to-Hand Combat, Jacket Grappling, and Russian Fisticuffs.



For More Information:

- > Dave Rusin:
rusin@amerross.com

Pre-Registration:

- > Stephanie Lashley:
732-531-1422

Cost:

- > \$50
Credit cards accepted for pre-registration!

When:

- > November 22, 2009
12:00 noon—5:30 p.m.

Where:

- > I.C.A.T. Academy:
1719 Route 35 North
Ocean, NJ 07712



AmerROSS

American Annex to the
Russian Federation of Russian
Martial Art

113 E. Walnut St.
Lancaster, PA

Phone: 717.468.0168
www.AmerROSS.com
E-mail: fabel@AmerROSS.com

