

FITTO FIGHT WORKSHOPS



Where:

PRIDE Mixed Martial Arts
Training Center
Edmond, Oklahoma
(405) 749-5949
www.edmondkarate.com

When:

Saturday, January 28th, 2012

What:

Youth Kickboxing: 9:00am

Youth MMA: 10:00am

Adult Krav Maga: 11:00am

Adult MMA: 1:00pm

Cost:

Kid Seminars
\$30 for one
\$50 for both

Adult Seminars
\$49 for one
\$79 for both

RSVP Now Space is limited!



with special guest

JEFF JIMMO

Having trained a literal lifetime in the Combat Arts, worked as both a social worker and nightclub bouncer for almost 20 years, Jeff has amassed a unique resume as a Student, Instructor and Motivator.

Through the years as a perpetual student, Jeff has competed at the NCAA level in Wrestling, is both a BJJ and Sambo Black Belt, a qualified Muay Thai and Boxing Coach; a Full Combat Submission Wrestling Instructor under Erik Paulson and is a qualified Krav Maga Instructor.

Jeff continues to train daily and has trained athletes who have competed in both amateur and professional MMA (including the UFC) as well as NAGA Champions and athletes who have competed successfully in Golden Gloves boxing as well as in Thailand in Muay Thai Kickboxing.

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