

FIGHTING STRATEGIES

BRAZILIAN JIU-JITSU



Brazilian Jiu Jitsu is a form of ground fighting which can be very effective in self defense against a single opponent, however in reality based self defense it is not a good idea to stay on the ground to fend off your attacker due to many potential compromising factors. This seminar will teach basic ground defenses and counters to afford the opportunity to get off the ground to either escape to safety or finish the engagement from a standing position.

This seminar will teach:

- Escaping from somebody sitting on top of you punching (mount position)
- Attaining the guard position to afford more options for escape & counters
- Effectively coming off the ground to avoid being taken back to the ground
- Escaping when opponent is on your back
- Counters & Reversals

About the Instructor

Jeff Owens has 30 years collective experience and attained black belts in Shotokan Karate, Aikido, American Karate and recently Brazilian Jiu Jitsu. Jeff has trained with pro fighters Travis Lutter, Forrest Griffin, Randy Couture, Tito Ortiz, Robert Drysdale and currently training the Fort Worth SWAT Team.

LIMITED ENROLLMENT

Friday, Mar 30, 2012
6:30pm to 8:00pm

\$50 through March 22

\$60 after March 22

- **Cash or check** only please. **No refunds.**
- Doors close at 6:30pm sharp

Meet at ASD Facility



Austin Self Defense
12617 Ridgeline Blvd
at Lakeline Mall
Cedar Park, TX 78613

For more information,
call **512-918-9999** or visit
www.austinselfdefense.com

WE RESERVE THE RIGHT TO DENY ANYBODY FOR ANY REASON. YOU MUST BE AT LEAST 18 YEARS OLD TO PARTICIPATE.