

RYAN GRUHN & LION HEART PRESENTS:

SEAN SHERK

“The Muscle Shark”



Don't miss the opportunity to train with former UFC Champion Sean “The Muscle Shark” Sherk! As an MMA fighter Sean went undefeated for his first seventeen fights and has racked up an amazing 32-3 MMA record. He defeated Kenny Florian becoming the UFC Lightweight champion in 2006 and has fought some of the best fighters and former champions in both the welterweight and lightweight divisions in the UFC. Sean has been wrestling since he was seven and has had an impressive 400 matches over his 11 year wrestling carrier.

This seminar will cover all aspects of Mixed Martial Arts. Striking and clinch in the morning session and takedowns and ground work for the afternoon session. Regardless of your interest; stand up fighting, wrestling or submission fighting, you will benefit from this seminar.

www.RealContactFighter.com/sherk

ryangruhn@hotmail.com / 814.769.6092

RECOMMENDED EQUIPMENT:

BOXING GLOVES, SHIN GUARDS, FOCUS MITS, THAI PADS, BAG/MMA GLOVES, WORK OUT CLOTHES, NOTEBOOK & PEN
WRESTLING SHOES OR BARE FEET (NO STREET SHOES ON MATS)

****EQUIPMENT & CLOTHING WILL BE FOR SALE AT SEMINAR****

LODGING:

Hampton Inn

1101 East College Ave.
State College, PA 16801

814-231-1590

www.hamptonmotorinn.com

Days Inn State College

240 South Pugh Street
State College, PA 16801

814-238-8454

centrehotel.com
info@hamco4.com

DISCOUNTS GIVEN TO SEMINAR ATTENDEES - CALL FOR RATES

WHERE:

LION HEART FITNESS IN STATE COLLEGE, PA
127 SOWERS ST.

STATE COLLEGE, PA 16801

RYAN GRUHN: ryangruhn@hotmail.com / 814-769-6092
www.RealContactFighter.com

WHEN:

December 13th 2008 (SATURDAY)

1st session - 10AM-12:30 , 2nd session 1:30-4:00

INVESTMENT:

Before November 1st: 1 session: \$90 2 sessions: \$115

After November 1st: \$100 for 1 session \$125 for both

DISCOUNTS & GROUP RATES

- A. 8+ people (from same gym) 10% off any package
- B. Any nine people from the same gym paid on or before November 1st, 10th person gets in free!

****ENTIRE GROUP MUST COME FOR BOTH SESSIONS****
LION HEART MEMBERS NOT ELIGIBLE

**ATTENTION: ABSOLUTLY NO DUEL PURPOSE CAMERAS
OR VIDEO CAMERAS PERMITTED.**

SPACES LIMITED, DON'T MISS THIS SEMINAR!

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