

# ATJA Judo/Jujutsu Clinic



**Saturday**  
**April 21, 2018**  
**9:00 AM TO 5:00 PM**



Location:	7 Elements MMA and Fitness Academy 105 Parr Drive Huntersville, NC 28078
Description:	This is a Jujutsu clinic sponsored and sanctioned by the American Traditional Jujutsu Association. Included are methods of attack and defense, use of weapons, chokes/strangles, grappling, Judo and more.
Instructors:	Professor Tom Ryan (8D) AJJF/ATJA Jujutsu/Judo - Master Examiner Sensei Tony Zimkowski (7D) ATJA Master Examier Sifu Reuben Griffith - Senior Instructor - Jun Fan Jeet Kune Do, (7D) Karate-Do Sensei Ken Nazemetz (7D) ATJA/USJJF Jujutsu - Master Examiner Sensei Brian Mynatt (1D) USA Judo/ATJA Jujutsu/Judo Special Guests
Fee:	\$30 per Adult, \$20 for Juniors, \$60 Family (3+) Cap Proof of insurance is required. Acceptable organizational cards are AJJF, ATJA, and USA Judo. Annual membership will be available.
Dress:	Gi is recommended. Otherwise, loose fitting clothing appropriate for exercising (running suits, sweats, etc.) is recommended.
Format:	Multiple mat areas and outside areas available (weather permitting). Class length 60-80 minutes (10 minutes between classes) Lunch break 12:00-1:00 From 1:00 - 3:00PM, there will be a Judo Shiai (Matches) and customized Instructor Selected Training
Directions	From I-77 in Charlotte, NC, take Exit25. Take Hwy 73 East. Cross over Hwy 21 and Hwy 115. Take a Right on Parr Drive. 7 Elements MMA and Fitness Academy is of the Left.

**FOR MORE INFORMATION CONTACT**

**Ken Nazemetz ([ken.nazemetz@mac.com](mailto:ken.nazemetz@mac.com)) 704-728-2454**

**7 Elements MMA and Fitness Academy 704-875-950**

# Directions

**7 Elements MMA and Fitness Academy**  
**105 Parr Drive**  
**Huntersville, NC 28078**

From I-77 in Charlotte, NC, take Exit 25. Take Hwy 73 East. Cross over Hwy 21 and Hwy 115. Take a Right on Parr Drive. 7 Elements MMA and Fitness Center in of the Left.

