

Ground Fighting & Wrestling Seminar



Josh McDonald

2000 University of Iowa team member

2001-2002 ranked 7th in nation for SFSU

2002-2003 ranked 5th in nation defeated two time defending National Champion

2004 4th place Olympic Regional Trials

2007 2nd place U.S Open Grappling Tournament

2009 1st place Grappling-X Tournament
Fought in organizations such as: WEC, Elite XC, Rumble on the Rock, Gladiator Challenge, IFC

Krav Maga Students,

All Krav Maga Students are eligible to attend a Continuing Education Seminar held on Saturday, July 31st at our Walnut Creek Location. This seminar will focus on Wrestling, Grappling and Ground Skills that work in the Street. Techniques that are great for a padded floor may or may not be the best on Concrete or against Multiple Attackers. Get ready to expand your thinking and improve your Street Fighting Skills.

This Krav Maga only seminar starts at 3:30pm and is 2.5 hours in length. We will have to limit the size of the seminar so please sign-up early and pay \$49 to reserve your spot. This seminar is FREE for our Apprentice Instructor Program Students. Please see an Instructor to Register for this very special Self-Defense Seminar hosted by Mixed Martial Arts Fighters. Josh McDonald. Questions call your local Martial Arts America.