

MUAY THAI & GRAPPLING

WEEKEND WORKSHOPS IN LAGUNA BEACH

EVERY MONTH 2-4pm CALL FOR DATES

ALL SKILL LEVELS WELCOME, MEN & WOMEN
ACADEMY MEMBERS \$14 ~ NON-MEMBERS \$28

GUEST INSTRUCTORS:



Grant Pierce

- Muay Thai Inst under Prida "Kak" Koonala
- ITF TKD Black Belt
- Extensively Trained In Western Boxing & Savate
- Former Apprentice Inst in JKD & Filipino Martial Arts under Burton Richardson



Bruce Hughes

- Fabiano Iha BJJ Purple Belt
- Machado Brother's BJJ Blue Belt
- Okinawa-te Brown Belt
- Antelope Valley Judo Club Brown Belt
- Westminster High Schl Wrestling CIF Finalist



Ellis McGehee

- Christ Posnik (Machado) BJJ Brown Belt
- Class C Shoot Wrestler under Yori Nakamura
- Level 3 Coach, Combat Submission Wrestling under Erik Paulson
- Red Belt Filipino Martial Arts under Dan Inosanto

>> CALL OR EMAIL NOW FOR MORE DATES & INFO:

Hosted by Cho's Academy:
1966 S. Coast Hwy. ~ 949-281-7517 ~ info@chosacademy.com ~ www.chosacademy.com

CHO'S ACADEMY
TAE KWON DO + YOGA