



Students of District 86
 you are cordially challenged to complete the
 SUDA MMA four-day grappling camp. This
 event is event for both boys and girls ages 6 –
 12 and costing only \$40.00. Students will earn
 a certificate of completion at the end of the
 fourth day. Participants will develop skills in
 self awareness, takedowns, escapes, and
 elevated wrestling techniques.



SUDA INTERNATIONAL TRAINING CENTER
 117 REPUBLIC AVENUE, JOLIET, IL 60435

WRESTLING

TUESDAYS/THURSDAYS
 5:00 - 6:00 PM (6 - 12 Years)

COACHES:
 ROBERT "DEE" CASEY
 TOM WOODS
 CHRIS TRAGOS

IKWF TEAM





MONDAYS/WEDNESDAYS
 5:00 - 6:00 PM (9 - 18 Years)

TUESDAYS/THURSDAYS
 7:00 - 8:00 PM (12 + Years)

COACHES:
 MASTER RON HILL
 MASTER JAMES HILL
 COACH EFRAIN VAZQUEZ
 COACH JAMES FRITZ



VISIT WWW.SUDAMMA.COM FOR DETAILS

SUDA SPIDERS