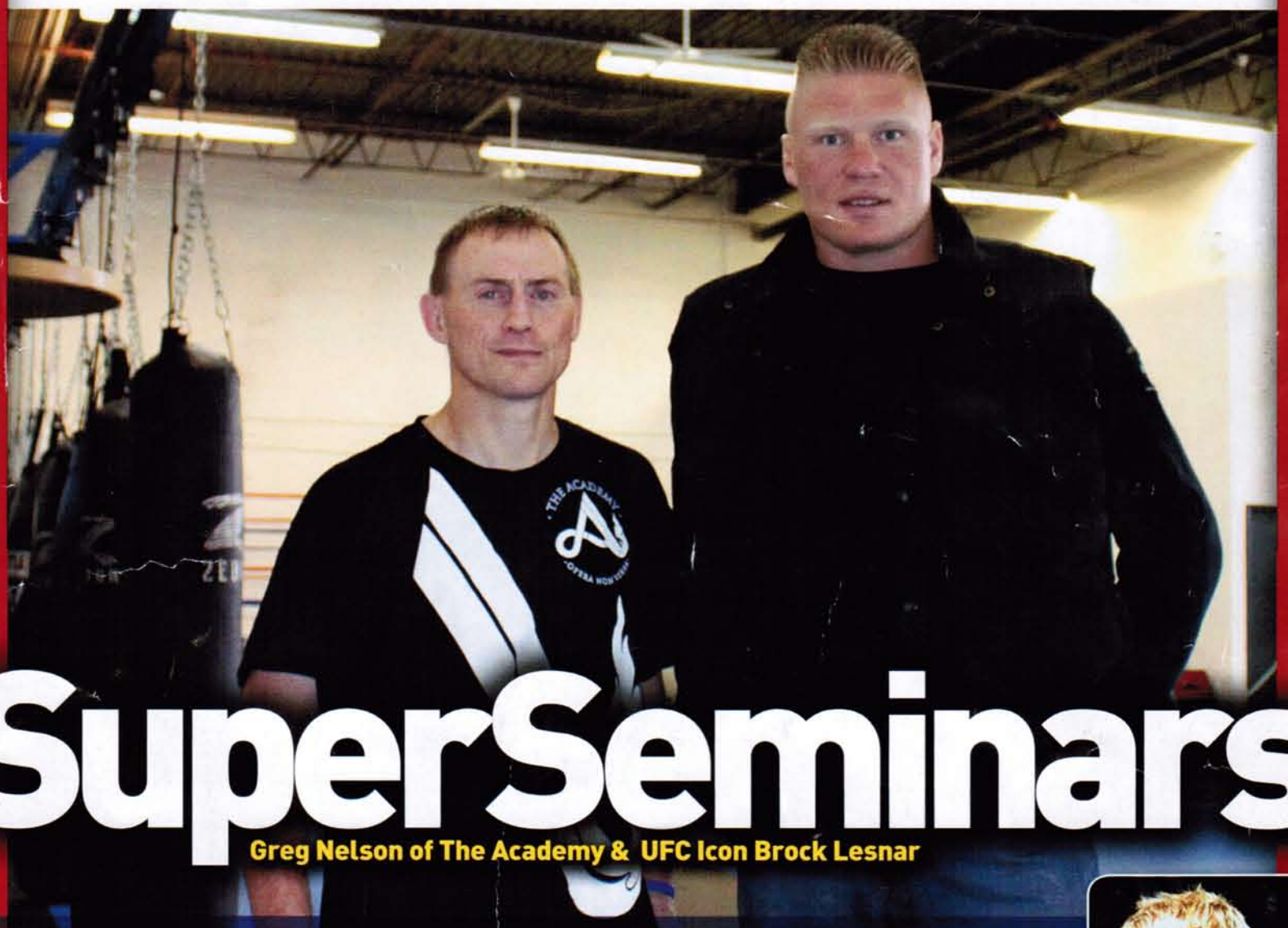


MMA Business

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OCTOBER 2011 • \$5.99



SuperSeminars

Greg Nelson of The Academy & UFC Icon Brock Lesnar

CENTER RING: ERIK PAULSON
TECHNICAL MASTER & PROFESSIONAL TRAINER



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+ Cung Le lead intense sessions where he shared his expertise in kicking and striking. The former Strikeforce Middleweight Champion will make his UFC debut in November, and he showed both his fighting skills and elite level of fitness at the MMA Super Seminars.

A. Sean Sherk, former UFC Lightweight Champion, opened the Thursday and Friday sessions by sharing his on-the-mat expertise. Sherk eagerly shared his skills as a grappler, presenting the techniques for a variety of leg and arm locks. He showed how both strength and technical skill are vital for success. Watching and participating in the training are Greg Nelson (black/white shorts) and Erik Paulson (blue/white shorts). **B.** With ample training space and top-notch equipment, The Academy in Brooklyn Center, Minn., was the perfect host for the MMA Super Seminars. Students had room to move and comfortable surroundings in a gym close to the twin cities of Minneapolis and St. Paul. **C.** MMA fighter and soldier Tim Kennedy attended the Super Seminars event and co-lead a Saturday session on self-defense with Matt Larsen, creator of the Modern Army Combatives Program. Here, Larsen (black shirt) trains students in removing a weapon from an assailant.



MMA SUPER Seminars 2011

The MMA Super Seminars event (Sept. 15-18) drew dozens of MMA fighters, coaches and fans to The Academy, the Minnesota MMA training center run by Greg Nelson, Muay Thai and Brazilian Jiu Jitsu black belt and top MMA coach. Sponsored by Zebra and *MMA Business* magazine, this event assembled several of the industry's best trainers in one location for four days of personalized and focused training. Instructors included:

Sean Sherk, Erik Paulson, Jimmy Pedro, Cung Le, Tim Kennedy, Jacob Volkmann, Pat Barry, Matt Larsen, and Marty Morgan. Former UFC Heavyweight Champion Brock Lesnar even stopped by for an autograph session during a break in the action. We'll let the photos tell the rest of the story. **MMA**