

P.U.M.A. Ground Defence

Sunday 7th April 2019

1pm - 3pm

New Horizon Sport and Leisure Centre- Uplands Avenue, Chell, Stoke-on-Trent ST6 6JT

The seminar is open to all adult/junior licenced P.U.M.A. members (not including LP).

The seminar has been designed for any student to attend and learn new skills as an introduction to Ground Defence.

The Ground Defence seminars are designed to enable students to enhance their martial arts skills and personal safety capabilities by learning new techniques and concepts. Including:

- The dangers of grappling and ground fighting.
- Safety skills (falling, standing and tapping)
- Identifying and achieving “good” positions and identifying and escaping “bad” positions.
- Movement drills to achieve good positions.
- Basic ground attack from guard position.
- Introduction to basic throwing technique.

Most of the Ground Defence drills require a partner so if students are interested, they may want to consider bringing a training partner that they can work with.

The seminar will be taught by Mr Dave Pixton 5th degree and Master Mark Ogborne 7th degree.

The Cost of the seminar is £36.

This will be our first Ground Defence seminar in our area, the aim is to run several courses. During any seminars attended Master Ogborne and Mr Pixton will assess student progress. A bit like a grading.

On completion of the seminar students will receive a certificate and progress card to put in their licence book.

These will be sent at a later date when all the information is collected.

Dobok bottoms and a T-shirt can be worn, a selection of rash guards may be available to buy on the day subject to supply and sizes available. Please book early to avoid disappointment.

For any questions or to book your place, please speak to your instructor.

Thank you for your support

Miss Stacey Weatherer course organiser in the north area. weatherers@aol.com

Mr David Pixton P.U.M.A Ground Defence Coordinator

pumagrounddefence@gmail.com

GROUNDEFENCE

MR PIXTON AND MASTER OGBORNE

Mr Pixton is a Taekwon-Do 5th Degree from Swindon with 30 years experience. As well as being a very successful Taekwon-Do competitor at the world level (in all 4 events) he has trained to a high level in multiple martial arts, including earning a black belt in judo. Unsure of what a lock or takedown really entails? There's no better person to train with than Mr Pixton!



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