

# The Pit-SLO

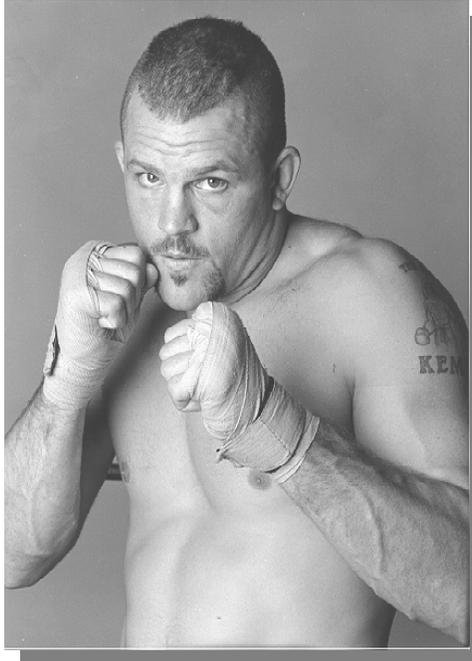
<http://www.myspace.com/theepitslo> Newsletter (805) 549-8800

## The Iceman

Anaheim's Honda Center will be the place where former Ultimate Fighting Championship light-heavyweight champion Chuck Liddell fights for the first time since losing his belt in a surprising first-round knockout loss to Quinton "Rampage" Jackson. Liddell will fight mixed martial arts veteran Keith Jardine in the main event of UFC 76, scheduled for Sept. 22

The mohawked Liddell has become the face of the world's fastest growing sport in recent years, and has rightfully earned himself one of 32 spots on ESPN's "Who's Now" list, alongside sports superstars such as Tiger Woods, Derek Jeter, LeBron James, and Tom Brady.

Be sure to watch Chuck on September 22, 2007. It's sure to be an exciting event! Let's all support our local hero.



## Pit-SLO Talk

What's your favorite workout exercise/activity?

- "Variety" Tammy Story
- "The heavy bag" Rob Aguilar
- "Focus Pads" Maggie McCall
- "Muay Thai pads" Anthony Halderman

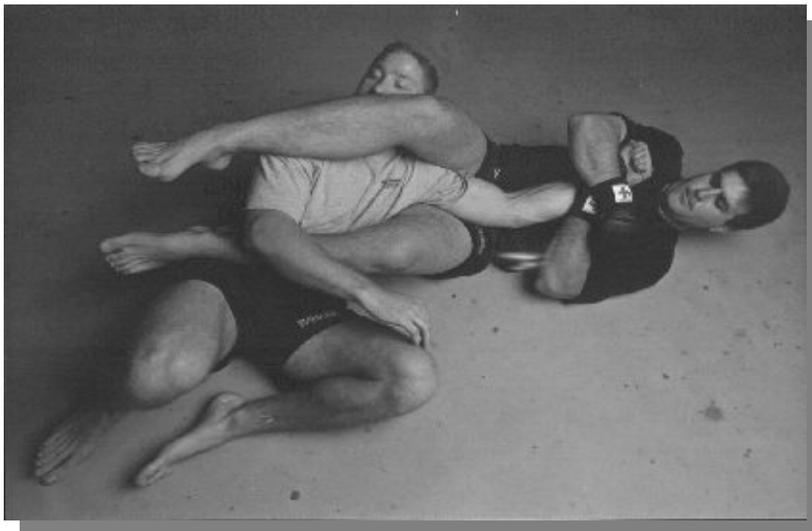
## From the Coach's Corner

What's one of the most common kickboxing mistakes people make?

"Dropping hands while punching." Coach Cruz

Cruz suggests you concentrate on a few key points.

- \*Just wrap your glove to your head.
- \*Remember your stance. Your knees should be bent slightly and feet dug in.
- \*Your shoulders should be positioned over your feet. Don't lean forward when punching.
- \*Your chin should be close to your chest and elbows close to your ribs.



Wrestling  
 Submission  
 MMA

## Wrestling

Get in shape and learn effective submission, ju-jitsu moves with our most experienced submission instructor. Justin Fraser can essentially submit almost anyone who walks through the door. He has been wrestling for 16 years and has a strong

colligate-wrestling background. He was an all-American wrestler in a junior college and a starting wrestler at Cal Poly. His background has enabled him to easily incorporate many ju-jitsu techniques. While Pit-SLO has much of its roots in collegiate wrestling Justin has fused the best from brazillian jiu-jitsu, judo, and kempo to form the ground fighting



techniques that are now taught to first day-attendees and pro-fighters.



### The Instructors

The Pit-SLO has some of the most highly experienced instructors on the central coast. Their background experience covers the gamut of mixed martial arts. If they can't get you in top physical shape or prepared for your next bout, no one can.

Scott Lighty has been with Pit-SLO for almost ten years. He has a total of 41 kickboxing fights, 28-11-2. Some of his highlights include getting into the finals of the international K-1 kickboxing tournament. He has also traveled to several countries to both train and fight. He certainly knows his way around the ring!

Jason Von Flue is an MMA fighter who was introduced to many by way of Spike TV's The Ultimate Fighter. A semifinalist on the second season, Von Flue is no stranger to pressure situations. During his stint with The Ultimate Fighter, he pulled off an upset victory over a more seasoned Jorge Gurgel. Following the conclusion of the television series, Von Flue was awarded a contract with the UFC and, soon after, made his first appearance with the organization during Spike's live broadcast of "Ultimate Fight Night 3" where he squared off with Alex Karalexis. In the third and final round of their matchup, Von Flue choked out Karalexis. For just getting into shape or learning to fight, Von Flue is a great coach to have.



Cruz Gomez has been fighting for 10 years and has had 19 pro fights. He started Pit-SLO as a novice and has developed his style to the level that he now teaches the classes and continues to compete in mixed martial arts. To learn more about Cruz Gomez, be sure to visit his web site <http://www.myspace.com/mexymonkey>.

Be sure to say hello to Chuck "The Ice Man" Liddell when you see him hanging out in Pit-SLO. He likes to hear from the San Luis Obispo locals. Be sure to wish him luck in his future fights!



### Photo of the Month



# Welcome!

The Pit-SLO invites you to try one free introductory lesson. You don't need to wear any type of "gi" (uniform) or bring any type of equipment. Just bring a positive attitude, an open mind, and a determination to learn!

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MARTIAL ARTS ACADEMY  
TOTAL COMBAT FITNESS CENTER

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