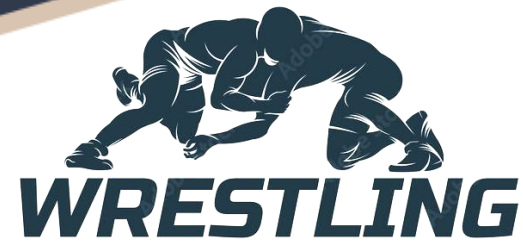


FCA



Clinics:

FCA Beginners/Introduction
Basic Leg Attacks
Advanced Assaulters
Top and Bottom work

June 17th-19th, 2024
June 20th-21th, 2024
June 24th-25th, 2024
June 26th-27th, 2024

Time: 8:00am-4:00pm

Location: 1 Falcon Way, Franklin TN, 37064

Registration:

\$350 per wrestler (*Reg. closes by May 31st, 2024*)
Includes clinic t-shirt, food and beverages

Topics:

- Beginners: Rules, expectations, basics
- Basic Leg Attacks: Movement, various shots, counters, technical considerations and finishes
- Advanced Assaulters: Movement, setups, hand fighting, ties, counters, scrambles
- Top and Bottom work: Pressure, counters, movement, offence/defensive scrambles

Registration

