



# Luiz Palhares



6th degree **black belt** under

**Rickson Gracie**

'98 Brazilian **National Champion**

3x **Pan American Champion**

**Army Combatives** Certified

**Instructor**

## JIU-JITSU SEMINAR

### Side Control Attacks

**What:** Luiz Palhares Jiu-Jitsu Seminar focussing on attacks from side control

**When:** Oct. 9, 2009

**Where:** 435 Cotton Lane  
Nashville, TN 37211

**Time:** 6:00pm - 9:00pm

**Price:** \$50 pre-register by Sept. 25th  
\$60 cash only at the door