

GRAPPLING AND KICKBOXING TOURNAMENT

MIND BODY SOUL

May 29, 2010

**Edmonton Garrison Field House, Namao, AB
(5 minutes north of Edmonton on 97St)**

**Come to the Northside ADMA to
preregister and weighin**

Friday, May 28, 2010

Times will run from 7:00-9:00 pm

**There will be a special gift for
those that preregister along
with the added bonus of cutting
lines and showing up later the
next day.**

**Last year we followed a similar
schedule and we are happy to
say we managed to have all 200
competitors finished by 3:30pm
There are a few more divisions
this year but we expect a speedy
tournament as usual.**

9:00 am

**Doors open. Those who have not
preregistered can weigh in and
register at this time**

Children's divisions start

9:30 am

Adult No Gi Novice

10:00 am

**Adult No Gi Int, Adv & Elite
Adult Kickboxing & Muay Thai**

11:00 am

Adult BJJ Novice

12:00 pm

Adult BJJ Int, Adv & Elite

1:00 pm

**No Gi Absolute
Pankration**

2:00 pm

BJJ Absolute

3:00 pm

**There will be 10 rings being used. If you would
like to volunteer please contact us.**

**For more info. contact Arashi-Do Edmonton
North at 780-453-2695
www.arashido.com**

