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LEARN MODERN SELF DEFENSE:

Last October, fresh from a desk job, Royce wanted to improve his fitness level and learn practical self defense. After researching Markham martial arts schools, he discovered Ron Beer's Family Self Defense, and his interest peaked.

Ron Beer Family Self Defense offers Shoot Wrestling, an extremely effective mixed martial art combining wrestling and boxing without the ceremonial component of traditional martial arts. Founder Ron Beer developed this self defense style and has been coaching and training students for 26 years.

It is now a well-known fact that most fights go to the ground. While ground fighting is a very uncomfortable and dangerous situation for most people, the Shoot Fighter is at ease, and can swiftly lock-up and control his opponent or attacker.

Ron's comprehensive Shoot Wrestling program will empower you with all the necessary skills to defend yourself while on the ground. You'll learn how to properly apply a wide range of highly effective, and possibly life saving, techniques including takedowns, submissions and finishing holds.

Shoot Wrestling also provides an excellent all-around workout. The quick movements develop muscular strength, and a session of Shoot Wrestling also develops muscular endurance and is a great cardio workout.

Royce also learned that Ron holds numerous black belts and is a sought after trainer of law enforcement officers across Canada. As a fully certified national coach, law-enforcement trainer, and martial arts instructor, Ron has been hired by police services all over the country to improve the level of Defensive Tactics training. Ron brings this experience onto the mats in the form of superb, quality instruction.

Celebrating 26 years in business, Ron



attributes his success to the multiple benefits of Shoot Wrestling and the family friendly nature of his club. Learn more at www.grappling.ca

"In a short time my fitness level has greatly improved. Particularly with strength, flexibility, and technical self-defense skills," explains Royce. "It is the personal coaching each student receives, and the goal-setting nature of this training that I love."

Ron believes communication and relationship building are very important, and maintains small class sizes to ensure this. Also, the facility is clean and modern, and features an open-concept design. All training takes place on a modern, matted sports floor. Lockers and shower facilities are also available.

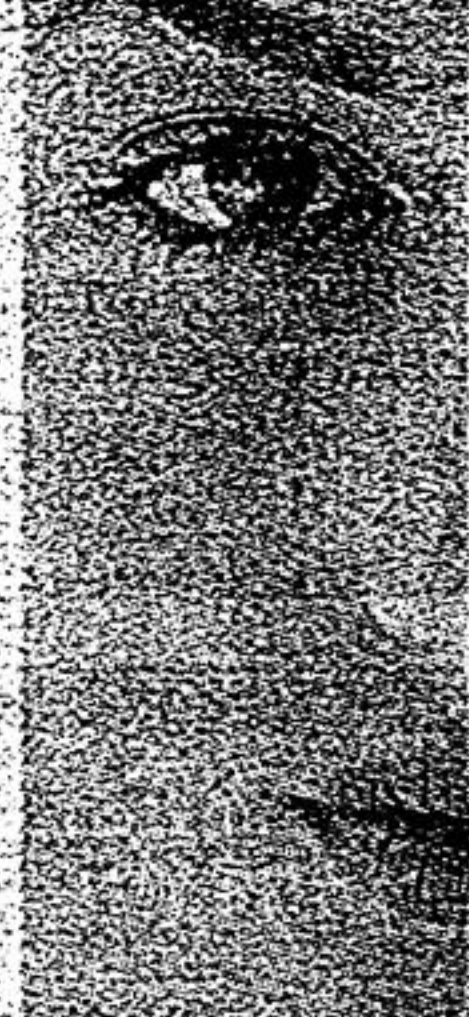
Call Ron for a free introductory class today. Classes are available for men, women, children and teens. Please call 905-294-6044. Family Self Defense is located at 60 Bullock Drive, Unit 3, just west of Hwy. 48.

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