

MIXED MARTIAL ARTS

Three Rivers is a major key in my success. With all the love, support, and technique, they have given me, I owe them my life-long friendship.

*Mike "Quicksand" Pyle -
Xtreme Couture Grappling Coach*

This is a highly physical, technique-drill-competition class for the experienced martial artist that combines striking and grappling arts. For the first time, Three Rivers Martial Arts Academy has streamlined elements from each of the practical martial arts systems that have always been available as individual courses, and formulated a complete, high-intensity mixed martial arts (MMA) program. Drawing from the arts of Brazilian jiu-jitsu, jeet kune do concepts, wrestling and kickboxing, the experienced instructors at Three Rivers have designed a comprehensive training routine that promises to push you to the next level.

Eli Knight

Eli is the senior supervising instructor, Legatus instructor of the Mixed Martial Arts program, and a brown belt and certified coach under Royce Gracie.

Brad Lynn

Brad is a two-stripe brown belt under Royce, Legatus MMA instructor, and a level-two army combatives instructor.



SCHEDULE

Mondays
8:00-9:00pm

Wednesdays
8:00-9:00pm

Saturdays
10:30am-11:30am

Set up a group class with your friends to fit your schedule. Private lessons are also available.

2343 New Holt Road, Livingwell Centre • Paducah KY 42001 • 270.554.4885 • www.ThreeRiversAcademy.com • trmaa@bellsouth.net



INTRODUCTORY SPECIAL \$25.00

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

EQUIPMENT Bundles starting at \$50.00

Order Atama or Century through Three Rivers to receive free shipping (restrictions apply). Not needed for intro session.

