



THE B·A·D CREW

Presents



Location:

Bodywize Athletic Dev.
4518 Renaissance Pkwy.
Warrensville Hts., OH 44128
WWW.TheBADCrew.COM
Contact: Shaun
440-669-7368
Or Shaun@thebadcrew.com

Two Exceptional Seminars! With Andrey Patenko

Saturday, June 25th 9am-5:30pm

StrongFirst Kettlebell SFG Course:

Bodywize is excited to have Cleveland's first Kettlebell Seminar with StrongFirst's world-renowned kettlebell curriculum.

StrongFirst's **kettlebell** curriculum and training methodology has been developed and refined by Founder and Chairman, Pavel Tsatsouline, for well over a decade. The SFG is our flagship program. The one-day Course is the *most* fundamental and thoroughly in-depth kettlebell instruction available within a single day.

Kettlebell SFG Course Pricing:

Early-bird thru April- \$250

May thru June 24th - \$275

Price at the door - \$300

REGISTER NOW TO SAVE \$50!

To register go here:

<http://www.thebadcrew.com/kettlebell-and-systema-seminar.html> or contact Shaun at 440-669-7368 or Shaun@theBADCrew.com

Sunday, June 26th 10am-4pm

Systema Russian Martial Art Seminar:

In addition to the StrongFirst SFG Course Andrey is also teaching a **1-day** Systema Russian Martial Arts Seminar on the following topics:

- Breaking Structure
- Strikes and Short Work

This course is for all martial artists that want to learn two of the most powerful concepts in Systema that make it one of the most impressive martial arts in the world. Systema is the martial art that is taught to the SPETSNAZ, the Russian Special Forces, of which Andrey was a sergeant in. This is a rare opportunity to learn from someone that actually served in one of the most elite Special Force units in the world!

Systema 1-Day Seminar Pricing:

Early-bird thru April - \$80

May thru June 25th - \$100

Price at the door - \$120

REGISTER NOW TO SAVE \$40!

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