

# Attention!!

I am extending a great opportunity for you!!

Wonder if you could say that you trained with Bruce Lee?? Think of what you would have learned?!? He is undoubtedly the best and most well-known martial artist of our time. If I had the chance to train with Bruce Lee I would have gave and done anything for such an opportunity... Even if you wanted to train with him today you can't because he is dead...

Well, I'm no Bruce Lee but I am one of the founding masters of true mixed martial arts understanding the use of perfect biomechanical technique for maximum power, flow fighting and self-defense, weapons, paths and evasion, and use, body conditioning, etc... and I'm alive and here!!



Come join me to show you my workout to give you an illustration of how you can take one hour a week to have good body health and be able to protect yourself with confidence and good spirit.

## Mr. Rahn's Workout

Monday December 19<sup>th</sup> 8-9pm

R.S.V.P. to the Academy of Martial Arts  
3023 Alt 19 N  
Palm Harbor, FL 34683

**727-781-2926**