

March 13th – Judo/Takedown Clinic

Featuring 2008 Olympian Daniel McCormick

Hosted by Columbia Judo Club (Terry Spencer-Nidan and Jim Irvine-Yodan)

Don't miss this special opportunity to spend four hours receiving personalized instruction from one of the best heavyweights in the United States. Daniel McCormick has graciously agreed to teach the primary techniques he recently utilized to place 9th in the 2008 Olympics, 7th at the Korea Cup, and 7th at the Kano Cup. Space is limited so register soon at:

<http://tennesseejudochampionships.com>

Clinic Topics

- Daniel's favorite training/conditioning drills from around the world
- 12 Techniques
 1. Cross Grip Sumi Gaeshi
 2. Cross Grip Sumi to the Knee
 3. Defending The Leg Takedown
 4. Throw Defenses
 5. Knee Osoto Gari (outside reap)
 6. Hopping Ouchi Gari (inside reap)
 7. Ouchi Gari Variation #2 (inside reap)
 8. Stepping Foot Sweep Foot sweeps
 9. Sasae (ankle prop)
 10. Te Garuma (hand wheel)
 11. Step Behind Takedown
 12. Kouchi (small inside reap)
- General Q & A sessions

Clinic Details:

- Cost:** \$ 50.00 Pre-Registration by 3/11/2011 (online/PayPal or mail to Columbia Judo)
\$ 75.00 at the door *All profits go to Daniel to support his competition/travel*
- When:** Sunday, March 13th, 2011
Schedule - 10:00 AM – 2:00 PM
- Where:** Columbia Judo / Moody's MMA - <http://columbiajudo.com>
300 James E. Campbell Blvd , Columbia TN, 38401 (35 miles south of Nashville)
- Contact:** Terry Spencer, spencerjudoka@hughes.net Phone: 615 -714-5153
- Registration:** Pre-Registration (\$50) must be completed online or received by March 11, 2011
<http://tennesseejudochampionships.com>
On-Site Registration (\$75) is available at the tournament site and the clinic site

Caution: Although this clinic is open to martial artists of all ages and rank, this clinic will be specifically be targeted to those over 13 yrs old. Coaches/clubs are directly responsible for the conduct and safety of any Juniors.

Daniel McCormick



Home Town: Arlington, Texas
Date of Birth: May 30, 1986
Weight Category: +100kg and Open
Original Judo Club: Kodokan Judo & Phy. Fitness-Dallas (1996-2006)
Original Coach: Ace Sukigara (Jim Irvine & Jody Choquette)
Current Residence: Wakefield, Massachusetts
Current Club: NYAC/USA Judo National Team FORCE (2006+)
Current Coach: Jimmy Pedro
Current U.S. Ranking: #1 in +100kg & #3 in the Open Division



Daniel's BJJ/MMA DVD

Personal: One of the top young Judo heavyweights in the nation, McCormick advanced to his first Senior National final as a 19-year-old in 2005. Although McCormick was injured early in 2008, he came back to upset the #1-ranked player three times to win the 2008 U.S. Olympic Team Trials for Judo. McCormick would go on to place ninth in Beijing. Daniel also actively trains and competes in Brazilian Jiu Jitsu.

Daniel's Recent Tournament Results

2009:

- Gold - USA Senior National Championships (+100kg)
- Silver - USA Senior National Championships (Open)
- Bronze - Belo Horizonte World Cup (+100kg)
- Bronze - U.S. Open (+100kg)
- Bronze - U.S. Open (Open)

2008:

- Ninth - Olympic Games (+100kg)
- Seventh – Korea Cup (+100kg)
- Seventh – Jigoro Kano Cup (+100kg)
- Gold - U.S. Olympic Team Trials for Judo (+100kg)
- Bronze - Pan American Championships (Open)
- Fifth - U.S. Open

2007:

- Gold - Fall Classic National Championships
- Silver - U.S. Open (+100kg)
- Bronze - U.S. Open (Open)
- Bronze - British Open
- Bronze - Tre-Torri International
- Bronze - New York Open?
- Bronze - Senior National Championships (+100kg)
- Bronze - Senior National Championships (Open)
- Bronze - USA Senior National Championships
- Bronze - Rendez-Vous Canada

Comments from Daniel's clinic participants/video series

"Dan does a great job teaching takedowns. I would recommend his course for any BJJ competitor" **Fabio Holanda** – World Famous BJJ Competitor, MMA Fighter, and MMA Trainer. Current Trainer of UFC Middleweight Contender Patric Cote and assistant trainer to Welterweight Contender Thiago Alves. Has trained numerous stars such as Georges St. Pierre



"This is an excellent [course] to learn takedowns for BJJ" **Darrell Gholar** - Famous Wrestling and MMA Coach - has coached top MMA competitors such as Vitor Belfort, Murilo Bustamante, Ricardo Arona

World

"Wow, Dan has done an excellent job teaching takedowns, I know that his techniques work" **Renan Borges** - World No-Gi Champion - Black Belt



"Dan has done a terrific job showing all kinds of takedowns for BJJ. I know Dan well and he is an excellent competitor and teacher" **Joao Amaral** 2nd Degree Black Belt - Trainer of numerous National and World Champion BJJ Competitors