

BJJ / MMA Clinic

February 12th, 2012 10:00_{AM} to 2:00_{PM}

Featuring Daniel McCormick

2008 Olympian ⇨ 2009 & 2010 National Champion ⇨ BJJ Practitioner

Hosted by Columbia Judo Club & Tennessee Brazilian Jiu-Jitsu Academy

Daniel McCormick is a 2008 Olympian in Judo and a 2x National Champion. He is an expert at taking the most devastating techniques from the sport of Judo and teaching unique applications to the sports of Jiu-Jitsu, No Gi Grappling, and MMA. Judo offers a different take on BJJ and Grappling and Daniel's moves can be a great compliment for any grappler's game

Space is limited so register soon at: <http://tennesseejudochampionships.com>

Clinic Details:

- Cost:** \$ 50.00 Pre-Registration before 2/12/2012 (online by PayPal)
\$ 75.00 at the door *All profits go to Daniel to support his competition/travel*
- When:** Sunday, February 12th, 2012
Schedule - 10:00 AM – 2:00 PM (Open Mat following)
- Where:** Columbia Judo & Tennessee Brazilian Jiu-Jitsu Academy (TBJJA)
<http://columbiajudo.com>
5228a Main Street. Spring Hill, TN, 37174 (15 miles south of Nashville)
- Contact:** Terry Spencer, (770) 789-6229 - or - TBJJA Dojo: (931) 233-9607
- Registration:** Pre-Registration (\$50) must be completed online before February 12th, 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



2009:

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

2008:

- 9th - Olympic Games (+100kg)
- 7th - Korea Cup (+100kg)
- 7th - Jigoro Kano Cup (+100kg)
- Gold - U.S. Olympic Trials
- Bronze - Pan American Championships (Open)
- 5th - U.S. Open (Open)



Two of Daniel's BJJ/MMA DVDs

Clinic Topics

There are a lot of BJJ & MMA clinics out there, but Daniel takes the most devastating techniques of Judo and provides a very different take on Grappling, BJJ, & MMA. Other styles are very effective, but Judo excels in some unique areas of grappling such as:

Takedowns:

- Remember 90% of fights end up on the ground but 100% of fights start on the feet!
- The guy who gets top position wins 75% of BJJ matches.
- Daniel's Takedown instruction is as good as any in the world!

Attacking the Back (the turtle):

- Daniel is one of the best in the world at attacking the back (turtle). In this clinic, he will detail turtle attacks like no other instructional workshop. You will absolutely finish more guys after attending this clinic.

No Gi Throws:

- In a No Gi Grappling competition wrestlers usually dominate the standup portion, but Daniel's throws even the playing field. Daniel is one of the best standup throwers in the world, and his easy to implement throws will make a world of difference in your takedown game.

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** - World Famous Wrestling and MMA Coach - has coached top MMA competitors such as Vitor Belfort, Murilo Bustamante, Ricardo Arona

"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