

Classical Martial Arts of Long Island Proudly Presents

# Shimewaza Choke

## Submission Certification

### Course



## Sensei Mike Carmiche

Head of the Yoshin Ryu Combat  
Jujitsu Academy  
Co-founder of the American Modern  
Jujitsu System

*A Special Series of Online Trainings on Choke Submissions*

***Don't miss this dynamic  
five-part course on Choke Submissions***

The training is **completely online** and each participant will be allowed to view the recording of the class on our server for study and review.

The five seminars can be purchased individually, or as a package course at a discount.

The seminars are on Thursdays from 7:30-8:30pm every two months. The dates are March 12, May 7, July 9, September and 10, November 12.

Students who complete all five seminars will be reviewed via video and can then earn a frameable certificate in the study of Submissions.

**Don't miss out on this outstanding seminar.**

It will progress your Martial Arts and provide a new dimension to your training and competition.

**Scan the QR code** below for more information.

Or **email** Dai Shihan Steve owner of Classical Martial Arts at **stevejackowicz@gmail.com** or call us at **516-253-4884**

