



RGDA Gracie Jiu Jitsu St. Louis



MIDWEST GRAPPLING OPEN

Presented by Grappling Concepts

SATURDAY, OCTOBER 9, 2010



Location: Liberty Christian
Address: 402 North Service Rd.
Wright City, MO 63390
Cost: \$50 for 1 div. \$60 for Both

Weigh-in starts at 8:00 a.m. ends at 9:30 a.m.
Event will begin at 10:30 a.m.

Classes for both Gi and No gi are the same
-150, -160, -170, -180, -195, -215, over 215

Gi

- White belt under 6 months
(if you wrestled do not enter this class)
Sandbaggers will be disqualified!
- White belt over 6 months
- Blue Belt
- Purple belt and Above
- Masters Division in all belts
- Womens Division

No Gi

- Under a Year
- 1-3 years

Rules are standard Naga No gi rules and IBJJF rules for the gi. So if you haven't been to an event yet please visit www.nagafighter.com and www.ibjjf.com.

If you have any questions e-mail me at grapplingcnpts@aol.com or call 636-614-9498.
Thanks for supporting jiu-jitsu in the Midwest. See ya on the mat.

www.GrapplingConcepts.com