

X-Factor International Intensive Training Camp APPLICATION

PERSONAL INFORMATION:

Last Name	First Name	Middle Initial
Address		
City	State	Zip
Phone (Home)	(Work)	(Emergency)
Date of Birth	Email address	Occupation/Company

PREVIOUS MARTIAL ARTS EXPERIENCE:

Styles/Systems	Years studied	Level/Rank	Location
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List any injuries we should know about _____

RELEASE FROM LIABILITY

IMPORTANT: THIS RELEASE IS A LEGAL CONTRACT BINDING UPON YOU, MINNESOTA MARTIAL ARTS ACADEMY Inc., ITS EMPLOYEES AND ASSOCIATES. READ IT CAREFULLY AND OBTAIN LEGAL ASSISTANCE IF YOU DO NOT UNDERSTAND IT.

1. I understand that remittance of this application will not grant automatic acceptance. Minnesota Martial Arts Academy reserves all rights to grant *or* deny participation to any applicant. **Initial** _____
2. I hereby acknowledge by signing below that Minnesota Martial Arts Academy reserves the right to revoke seminar privilege of any person that does not comply with rules and regulations of Minnesota Martial Arts Academy **Initial** _____
3. **Assumption of Risk:** I am aware and understand that, in general, the martial arts is a hazardous and strenuous activity, and in particular, the instruction, techniques taught in this Academy, involve hazardous and strenuous activities. I am voluntarily and of my own free will submitting an application for participation learning and participating in the Minnesota Martial Arts Academy training program with full knowledge and understanding of the hazards involved. **I hereby consent and agree to completely accept any and all risks of injury, and I verify and confirm this statement by placing my initials here: Initial** _____
4. **Release:** In consideration of (a) being accepted in the Minnesota Martial Arts Academy (b) being instructed of and about Minnesota Martial Arts Academy Methods, I hereby agree that I, my heirs, distributees, guardians, successors in interest and legal representatives (collectively referred to as "Releasor") will not make claim or file and an action or suit against, sue, attach the property of (a) Minnesota Martial Arts Academy and/or any of its affiliated organizations, and/or the directors, officers, staff, agents or members of the Minnesota Martial Arts Academy or any of its affiliated organizations, and (b) any or all manufacturers, distributors, wholesalers, suppliers, and/or retailers of the facilities and equipment I will use in connection with any and all activities conducted and/of sponsored by the Minnesota Martial Arts Academy, and the Suppliers shall collectively be referred to as "Releasees), for damages, injury, emotional distress claims, bodily injury claims, and punitive damages, whether known or unknown, foreseen or not, due to or resulting from acts, conduct, negligence, or misfeasance of, or omissions or failures to act by, the Releasees, or any of them. **Initial** _____
5. **Application of Minnesota Law.** In further consideration of (a) being accepted in the Minnesota Martial Arts Academy (b) being instructed of and about Minnesota Martial Arts Academy Methods, I hereby agree that this Release from Liability shall be interpreted under and construed in accordance with Minnesota law only, without the benefit of and fully disregarding all Minnesota conflicts of laws provisions, so that any and all disputes, contentions, disagreements or controversies arising from related to (a) this Release from Liability **Initial** _____
6. **Health Advisory and Condition.** I hereby acknowledge and understand that the performance, practice and utilization of the Minnesota Martial Arts Academy Methods involve extremely strenuous activity, and that I have been advised to consult a physician before commencing and undertaking such activity. I hereby represent that, to the best of my knowledge, I am in good physical health and condition, sufficient to undertake the activities and practices of the Minnesota Martial Arts Academy. **Initial** _____
7. **Voluntary Membership** I hereby declare that I have read this Release from Liability, and that I fully understand the meaning and importance of its contents. I acknowledge that this Release is a binding contract among Minnesota Martial Arts Academy and me, and that under this contract I am releasing Minnesota Martial Arts Academy and it's staff from all liability claims I may have against them. I further declare and represent that I am at least 18 years of age, that I have full legal capacity to be bound by this contract, and that I am signing this contract of my own free will and accord. **Initial** _____

SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

Tentative Camp Schedule as of 8/15/07 we reserve the right to change instructors and times at anytime for any reason
Please check www.teamxfactormma.com for the most up to date information

9/20 Thursday Day 1:

1. **Muay Thai Striking and Clinch** 1.5 hr (Greg Nelson)
2. **Wrestling** (Greco or freestyle/Folk Style) 1.5 hr (Mike Seeger)
1 hr. break
3. **Submission Grappling** 1.5 hr (Greg Nelson)
4. **MMA** 1 hr (Sean Sherk)
5. **API Conditioning** 30-45 min (Scott Ramsdell/Dan Piper)

9/21 Friday Day 2:

1. **MMA** 1.5 hr (9 - 10:30) (Sean Sherk)
2. **Muay Thai Striking and Clinch** 1.5 hr (10:30 - 12) (Nat McIntyre)
1 hr. break (12 - 1)
3. **Judo For MMA** 1.5 hr (1 - 2:30) Jimmy Pedro
4. **Submission Grappling** 1 hr. (2:30 - 3:30) (Greg Nelson)
5. **API Conditioning** 30-45 min. (3:30 - 4:15) (Scott Ramsdell/Dan Piper)

9/22 Saturday Day 3:

1. **Submission grappling** 1.5 hr.
2. **MMA 1.5 hr.** (Greg Nelson)
1 hr. break
3. **Muay Thai Striking and Clinch** 1.5 hr (SaulMitchell Nat McIntyre)
4. **Wrestling** (Greco or freestyle/folk style) 1 hr. (Gordy Morgan)
5. **API Conditioning** 30 - 45 min (Scott Ramsdell/Dan Piper)

9/23 Sunday Day 4:

1. **Wrestling** 1 hr (9 - 10) (Gordy Morgan)
2. **Submission Grappling** 1 hr (10 -11) (Greg Nelson)
1 hr. break (11 - 12)
3. **MMA** 1.5 hr (12 - 1:30) (Nick Thompson)
4. **API Conditioning** (1:30 - 2:30) (Scott Ramsdell/Dan Piper)

Area Hotels:

Americinn Lodge & Suites

2050 Freeway Blvd, Brooklyn Center, MN
(763) 566-7500

Super 8

6445 James Circle, Brooklyn Center, MN
(763) 566-9810

Motel 6

2741 Freeway Blvd, Minneapolis, MN
(763) 560-9789

Country Inn

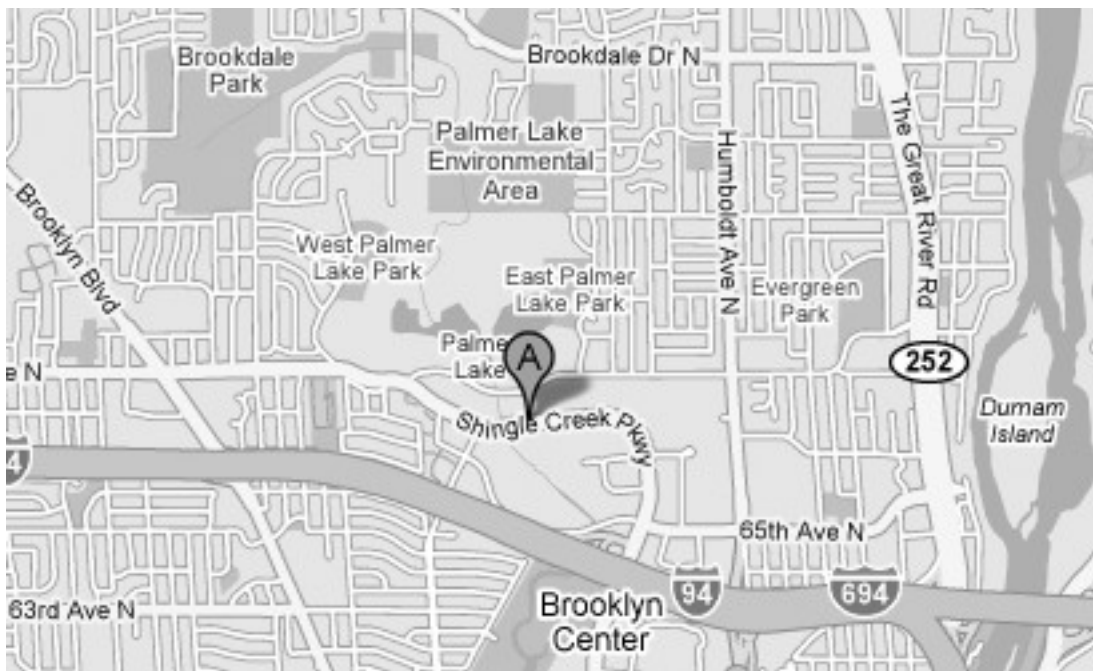
2550 Freeway Blvd, Brooklyn Center, MN
(763) 561-0900

Crown Plaza

2200 Freeway Blvd, Brooklyn Center, MN
(763) 561-9531

Map & Directions From Airport

1. Head East on MN-5 via Ramp MN55/Minneapolis/St.Paul
2. Follow MN55 Exit towards Minneapolis
3. Follow MN55 to MN-62W
4. Exit North on I-35W toward Minneapolis
5. Exit North on I-94W
6. Exit on Shingle Creek Parkway, take a left head north to **6840**. The Academy is on the right hand side across from the MTC garage. We are in suite 24.



Instructor Bios

Greg Nelson

Greg Nelson has his roots in athletic training and competition. Nelson is a former University of Minnesota Wrestling Team member and an All-American high school gymnast. Since starting his martial arts training in 1983, Mr. Nelson has earned Full Instructor Credentials in Jun Fan Martial Arts/Jeeet Kune Do Concepts, the Filipino Martial Arts, and a Level III Instructor in Maphilindo Silat under Guru Dan Inosanto. Mr. Nelson is also a Full Instructor in Muay Thai under Ajarn Chai Sirisute of the Thai Boxing Association of the USA. A grappler at heart, Nelson earned the level of Advanced Student in Shoot Wrestling under Sensei Yurinaga Nakamura, and a certified Full Instructor in Combat Submission Wrestling under Erik Paulson. In 2002 Greg was awarded his Black Belt in Brazilian Jiu-Jitsu under professor Pedro Sauer. Greg has taught tactical training to numerous Federal and local law enforcement agencies and military units, including the FBI, the US Army National Guard, and the Federal Air Marshalls. In addition, Greg is a husband and father of two young children. Greg is also a 2 time cancer survivor after beating first non-nodgkins lymphoma and secondly beating a rare form of nerve cancer called neurolymphomatosis.

On a competitive level, Nelson has put his skills to the test. After graduating from college in 1989, Nelson started competing again in 1993. Nelson fought Muay Thai in the US and in Canada, Amateur Shoot Wrestling(MMA), won a Gold Medal in Brazilian Jiu-Jitsu in the 1999 Pan-Ams, a Silver Medal in the 2000 Pan-Ams, and most recently three golds in 2001 Grappling Games in LA. As a coach, Nelson has developed numerous champions in Muay Thai, with several fighters holding title belts from the UFC, CMTF, USMTA, IKF, ISKA, WKA, NAGA, and a Bronze Medal in the 1996 Muay Thai World Championships. In submission grappling and mixed martial arts competitions Academy fighters have victories and titles in the Ultimate Fighting Championships, Pride Bushido, BodogFIGHT, Shooto, King Of The Cage, Super Brawl, Hook-N-Shoot, All-Osaka Shoot Boxing Championships, San Shou Championships in Beijing China, IFC, Extreme Challenge, Danger Zone, WEF, WEC, and many more. Fighters such as UFC Lightweight Champion Sean Sherk, IKF & WKA Pro-Muay Thai Champion Nat McIntyre, CMTF/USMTA Champion James Cook, Former UFC Middleweight Champion Dave Menne, BodogFIGHT Welterweight Champion Nick "The Goat" Thompson, Adam Clary, John Renken, Tom Schmitz, and Brad Kohler have gained the mass of their Muay Thai and MMA training under the tutelage of Greg Nelson.

Sean Sherk

Sean is currently the UFC Lightweight World Champion, only the second person in history to ever hold the lightweight title. He has wrestled since the age of 7 and has over 400 matches. He also has trained and competed in Brazilian Jiu-Jitsu, submission grappling, and mixed martial arts since 1998. His fight name is "The Muscle Shark" given to him by Japanese fans before fighting in Pride Bushido. Sean holds an Associate Instructorship in Combat Submission Wrestling from Erik Paulson. He is a consummate coach with an eye for detail, and a passion for his students and fighters. More info about Sean can be found on his website at www.seansherk.com

Jimmy Pedro

World Champion **Jimmy Pedro** is one of the most decorated judo players in American history. Jimmy is world renowned for his judo expertise, coaching ability, and training methods. A newaza (ground techniques) specialist, Jimmy currently owns and operates Pedro's Judo Center in Wakefield, MA and teaches clinics and seminars throughout the country. -4 X Olympian -2 X Olympic Medalist World Champion, Pan Am Champion, with dozens of International Medals.

Gordy Morgan

1996 Olympian, NCAA Division 1 -All American University of MN. FILA World Team Member 1990, 1993, 1994, 1995 – 3 X 1st place USA Senior Greco-Roman Championships 1991, 1993, 1994.

Nat McIntyre

Nat's martial arts experience began as a youth doing Tae Kwon Do. He received his second-degree brown belt at 17 years old. He then began studying Sil-Lum Kung-Fu under Neil McRitchie. He received his black sash in 1992. His interest in other arts led him to study Muay Thai, mixed arts and ground-fighting under Kru Rick Faye of the Mn. Kali Group. He then began training under Kru Greg Nelson in 1998 and received his beginning diploma in Muay Thai under Ajarn Chai Sirisute in 2000. He is a blue belt in Gracie Jiu Jitsu under Pedro Sauer. Nat has competed in Muay Thai, Brazilian Jiu-Jitsu, and Shooto in Japan. He has also fought Thailand numerous times, and was featured on the A&E network show Dreamchasers for his fight in Thailand, in July 2002. Nat is currently the IKF and WKA United States Professional Lightweight Muay Thai Champion.

Mike Seeger

-2 time NAIA Division 2 champion -1990 USA Cadet Freestyle champion 2-0 Profesional Mixed Martial Arts Fighter

Nick Thompson -BodogFIGHT/MFC Welterweight World Champion -UFC Veteran –Division 1 Wrestler University of Wisconsin –Pro Mixed Martial Arts Fight Record 31-9

Saul Mitchell

-Greco-Roman Wrestling -Professional Muay Thai Fighter 7 pro stadium fights –WKA US Pro Welterweight Muay Thai Champion -DFC Lightweight Champion
-Madtown Throwdown Featherweight Champion –NAGA Midwest Champion 2007