

SUNDAY DEC 10TH

GERRY ABAS

4X NCAA ALL-AMERICAN

3X NCAA FINALIST

2X USAW NATIONAL CHAMPION

CA WRESTLING HALL OF FAME

CA USAW NATIONAL TEAM COACH

**TAKING
WRESTLING
FROM
TRAINING
TO INSTINCT**

"I teach high level Set-ups, Penetration and Finishes in a way that captivates the wrestler to better promote learning. Also, I discuss the Warrior's Mindset in my Tools for Success." Gerry Abas

SCRAMBLE MASTER

11:00 AM TO 1:00PM

Grades 8 - 12

TECHNIQUES: MISDIRECTION
SHOTS - DUCK UNDERS
(INCLUDING SUPER DUCK) -
ABAS ROLL - SCRAMBLE SKILLS

Sample skill set

Blach Intermediate
1120 Covington Rd.,
Los Altos Ca 94024

Limited Availability

Register at
www.flowstatewrestling.com