

KY Extreme

2019 Summer Saturday Clinic Series

Lead clinician will be Cornell freshman, 2X KY State Champion, 8X HS All American Ryan Moore

Along with Ky Extreme coaches

Dates: Saturday June 8, Saturday June 15, Saturday June 22

Location: 14401 Edgartown Way, Crittenden, KY

Cost: \$40 per clinic, \$100 for all 3 clinics

Areas of focus: Neutral set-ups and hand fighting, Front headlock, Turns, Freestyle

Schedule for each clinic:

- 10:00am-10:20am Warm-up
- 10:20am-11:30am Technique/Instruction
- 11:30am-12:00pm Live/Situation live goes
- 12:00pm-1:30pm Lunch break on your own
- 1:30pm-1:50pm Warm-up/stretch
- 1:50pm-3:00pm Technique/Instruction
- 3:00pm-3:30pm Live/Situation live goes

Contact Jason Moore (502-599-3938) to confirm attendance