



AMERICAN TAE KWON DO ACADEMY

20 White Oak Drive, Asbury, NJ 08802 (908) 730-7151

www.ATKDA.com

Headquartered at the SHYMCA in Basking Ridge



2010 ATKDA Spring Self-Defense SEMINAR

Time: Sunday, March 28th: 1:00PM-3:00PM All ranks welcome

LOCATION: Somerset Hills YMCA, 140 Mount Airy Rd., Bernardsville, NJ 07920 (908) 766-7898
Room Assignments will be posted on the day of the event

INSTRUCTORS:

Steve Jimerfield:

Mr. Jimerfield, Corporal, Alaska State Troopers (retired), is a twenty-seven year veteran police officer, devoting the last seven years as an instructor at the Public Safety Training Academy in Sitka, Alaska. While there, Mr. Jimerfield developed his One-on-One Control Tactics System, which is now being taught throughout the United States, as well as in Germany, Austria, Montenegro, Canada, Trinidad & Tobago West Indies and is being use in the Netherlands.

He has earned Advanced Certificates and Instructor/Trainer Certificates with Alaska Police Standards Council and has the distinction of being the only Certified Defensive Tactics Instructor/Trainer in the State. He is currently a traveling trainer for The Alaska Police Standards Council.

He holds a 10th degree black belt in Taiho Jitsu, 8th degree in Judo and a 5th degree in Karate. In July 2006 Mr. Jimerfield was inducted into the Universal Martial Arts Hall of Fame as Man of the Year Law Enforcement.

Mr. Jimerfield has authored two books on his control tactics. His system is not marketed commercially and is only available through seminars and word of mouth. His books are only available through Calibre press and his website. Mr. Jimerfield feels this is the best street system of control for Police Officers.

Frank Coppola:

In May 2004, Frank was awarded his fifth degree black belt. During his promotion ceremony, Frank was required to spar simultaneously four third-degree black belts in self-defense. Frank calmly faced his opponents with the knowledge, skill and experience of 18 years' of Tae Kwon Do training. To date, Frank has taught over 5,000 people the art and artistry of Tae Kwon Do. As President of the American Tae Kwon Do Academy Frank is proud to offer students the same opportunity he was offered: a chance to learn self-defense and get in shape. Currently, Frank teaches three classes each week at the Somerset Hills YMCA.

Sessions

"Self Defense from the Perspective of Judo/Jiu-Jitsu" Open to all students 16 years and older
Presenter Steve Jimmerfield

Learn how to defend yourself against chokes, holds, and submissions from the perspective of a Judo/Jiu-Jitsu Expert. Participants will learn how to guard against the rear naked choke, a variation of head-locks, the guillotine, bear hugs and a variety of other self-defense scenarios. In addition, students will learn several submissions such as basic chokes, arm bars, and other joint locks.

"Self Defense: the techniques you may not learn in a traditional class" Open to all students under the Age of 16.
Presenter Frank Coppola

Learn intermediate and advanced self-defense techniques that are not taught in traditional Tae Kwon Do classes but are street effective

Fee: \$20 adults, \$10 kids, \$45 Family of three, \$50 four or more. Please register in advance by emailing n.deltufo@ATKDA.com and make Payment at the door.

CALL Nick DelTufo AT (973) 865-0855 OR EMAIL n.deltufo@ATKDA.com IF YOU HAVE QUESTIONS