

2023 TWC SUMMER CAMP TRAINING SERIES



The Wrestling Center
1701 McCoba Dr SE Smyrna, GA 30080

- ❖ Each Camp is from 9am – 3:30pm daily
- ❖ 1-hour lunch each session, bring a lunch or \$10 per day for lunch/snacks.
- ❖ Kids are encouraged to register with a partner that is weight and skill compatible.
- ❖ Daily schedule can be changed depending on the needs of the group

QUESTIONS? TEXT OR CALL (404) 427-5754

SPECIAL NOTE: Private team camps are available at your facility or at TWC. Please call for more info.

Daily Requirements: Bring water, snacks, multiple fitting T-shirts, extra shorts, socks and shoes, towel, and toiletries.
Cost: \$200 flat fee for each 2-day camp series

**LIMITED SPACE, CAMPS MAX OUT FAST
RESERVE NOW BY PAYING VIA CASH APP:
\$ARTUROHOLMES**

THE TWC DIFFERENCE

"This is where you need to be if you wanna be great work hard listen and Arturo can make you as good as you wanna be! I give credit to him and for all of my success! Thanks Arturo!"

**-Brandon Womack,
NCAA D1 All-American
Cornell University**

"LOVE this place. Only camp we take our kids to. Arturo is absolutely AMAZING! Turns wrestlers into champions. After you visit expect to WIN!"

-Tracey, TWC PARENT

"I've seen the results for years. Arturo made a difference in wrestling all across the country. I would highly recommend getting to at least a camp if not the weekly practices. You compete against the best in that room every day"

-James, TWC PARENT

"We have worked with a lot of different trainers, but hands down Arturo is the best I have seen, that's why I bring my son to TWC. We have never won a state title without him and we now have 5! Thanks Arturo!!!"

-Tim, TWC PARENT

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I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times. – Bruce Lee

June 2023

June 5-9: GA LEGEND SUMMER CAMP

Flowery Branch, GA

Contact Arturo for details

June 12-13: 1000 TAKEDOWN MASTER CLASS A

Complete high-crotch series with setups and finishes

Cost: \$200.00

June 14-15: 1000 TAKEDOWN MASTER CLASS B

Complete knee pull and sweep single leg series with setups and finishes

Cost: \$200.00

June 19-20: SHORT OFFENSE - 1

Complete front head lock / short offense series finishes

Cost: \$200.00

June 21-22: 1000 TAKEDOWN MASTER CLASS C

Complete double leg series with setups and finishes

Cost: \$200.00

June 26-27: 1000 TAKEDOWN MASTER CLASS D

Complete ankle pick and low single series with setups and finishes

Cost: \$200.00

June 28-30: HAND FIGHTING DOMINATION

Complete duck, shrug, Russian 2 on 1, and drag series with setups and finishes.

Cost: \$200.00

July 2023

July 6-7: CHAIN WRESTLING FROM TOP

Complete arm bar, half-nelson, and tilts chain wrestling series

Cost: \$200.00

July 10-11: CRADLE AND CRADLE DEFENSE

Details on how to properly lock it up to get the pin And how to prevent cradles and how not to get pinned when caught.

Cost: \$200.00

July 12-13: 1000 TAKEDOWN MASTER CLASS B

Complete knee pull and sweep single leg series with setups and finishes

Cost: \$200.00

July 17-18: THREE POSITION CAMP

Top, Bottom and Takedowns. Offensive and defensive strategies and counters.

Cost: \$200.00

July 19-20: ESCAPE FROM ANYONE

Bottom master class with offensive and defensive technique

Cost: \$200.00

July 24-25: THREE POSITION CAMP

Top, Bottom and Takedowns. Offensive and defensive strategies and counters.

Cost: \$200.00

July 26-27: THREE POSITION CAMP

Top, Bottom and Takedowns. Offensive and defensive strategies and counters.

Cost: \$200.00

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