

## A GREAT EXPERIENCE

It is our goal to make sure that your martial arts training experience is a great one. We work extra hard to provide the best training in a clean and friendly environment. Foul language, rude behavior and aggressive attitudes are absent from our school.

## FOSTERING SUCCESS

Our martial arts programs teach students to be goal oriented and achievement driven. Quality martial arts training enables students to successfully overcome life challenges through the development of mental, emotional and physical strength.

## SELF-DEFENSE

Being able to defend oneself is an invaluable skill. This skill can only be achieved through quality self-defense education/training and hard work. At Triad, you have access to one of the most trusted names in self-defense training - Johnny Lee Smith. Every year, thousands of law enforcement officers are trained in Johnny's SSGT Defensive Tactics program. This program has been responsible for saving officers from serious injury and saving officer's lives the line of duty. If thousands of law enforcement officers can trust our self-defense training, so can you.

## CHAMPIONS

If your desire is to be a champion martial arts competitor, then look no further. Whether you want to be a State, National or even a World Champion, we can help you make it happen.

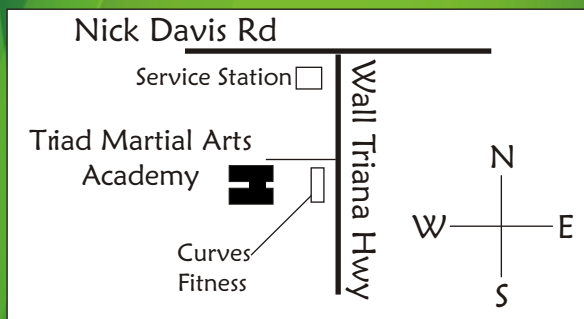
## CHECK CREDENTIALS

Before training at any martial arts school, be sure to check the credentials of the instructor. The State does not regulate martial arts.

**TRIADMARTIALARTS.COM**



**TRIAD**  
**MIXED MARTIAL ARTS ACADEMY**  
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## CONTACTS

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Triad Martial Arts makes no guarantees regarding the performance or class advancement of any individual. Individual results may vary.

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**MMA**

"Train With The Best To Be Your Best"



**TRIAD**  
**MIXED**  
**MARTIAL ARTS**  
**ACADEMY**

武士道

**TRIADMARTIALARTS.COM**



## JOHNNY LEE SMITH

Founder of Triad Martial Arts, Inc.

### CREDENTIALS

#### **Karate**

- Began Training In 1979
- 5th Degree Black Belt - Triad Karate
- 4th Degree Black Belt - Kobayashi Shorin Ryu
- 3rd Degree Black Belt - Tang Soo Do
- 10 Time Alabama State Champion
- 2 Time National Champion
- United Professional National Karate Team - 1994
- Trainer Of Numerous National Champions
- Trainer Of Over 30 State Champions

#### **Brazilian Jiu-jitsu**

- 3rd Degree Black Belt
- Ranked By BJJ World Champion Carlos Machado
- First BJJ Black Belt In The State Of Alabama
- First 2nd & 3rd Degree BJJ Black Belt In The State
- The Only Person From Alabama To Train Extensively With BJJ Legend Rickson Gracie
- Trainer Of Numerous Pan-American Champions
- Trainer of Numerous NAGA Champions
- Trainer of Numerous Lutador Champions
- Trainer of Southeastern MMA Champions

#### **Law Enforcement**

- Commissioned Law Enforcement Officer
- Certified Specialized Instructor
- Alabama POSTC
- Firearms Instructor

Johnny founded and developed SSGT Defensive Tactics - the largest law enforcement self-defense training company in the Southeastern United States. SSGT Defensive Tactics has been mandated training for Law Enforcement Academies in Alabama since 2003.

Triad Martial Arts has academies in Cullman and Madison, AL.



# TRIAD MMA MIXED MARTIAL ARTS



### A GREAT OPPORTUNITY

#### **Only One Academy**

There's only one academy in Alabama that can say it has the highest ranked Brazilian Jiu-jitsu (BJJ) Black Belt in the state. There's only one academy in Alabama that can say it has more BJJ Black Belts than any academy in the state. We invite you to take advantage of the opportunity to train at that academy. Triad Martial Arts Academy. Come to one class and we believe you'll come back.

Training in Rickson Gracie's garage.



Rickson Gracie at the Triad Academy in Cullman, AL.

Johnny & Carlos Machado at Triad.



Johnny and his Black Belts visiting Rickson Gracie.

### WHAT'S IN THE MIX?

#### **Brazilian Jiu-jitsu**

Every successful mixed martial artist competing today studies Brazilian Jiu-jitsu (BJJ). It was the Gracie family-Gracie Jiu-jitsu- that started the Ultimate Fighting Champion competition. You will learn Brazilian Jiu-jitsu under the direct guidance of the highest ranked BJJ Black Belt in Alabama.

#### **Striking**

No one can have a successful MMA career without being able to strike effectively. You will learn to punch with the effectiveness of a skilled boxer, kick like a top level kickboxer and use your knees and elbows like a muay thai fighter.

#### **Clinch-fighting**

Every fighter needs the ability to effectively clinch with an opponent and fight from the clinch. We will teach you how it's done.

#### **Throws & Takedowns**

Being able to throw and/or take you opponent down is a critical skill in MMA. You will learn tried and true throws and takedowns as well as how to avoid being thrown and/or taken down yourself.

#### **Fitness Training**

No mixed martial artist can reach their full potential as a fighter without focusing on fitness. We offer special classes for your benefit that specifically focus on getting you in your best shape.

#### **Defined Curriculum**

All of our classes are curriculum based.

#### **Team Competitions**

You will have the opportunity to compete in regular team competitions. These competitions will include the following:

- Fitness Competitions
- Boxing Bouts
- Kickboxing Bouts
- MMA Bouts
- Grappling Competitions and more