



THE **LEAN** BERETS AVENGERS OF HEALTH!



California State University
Northridge

DR. ED THOMAS CERTIFICATION WORKSHOP

"Indian Club Progressions, Teaching Methods, & Historical Highlights"

The Lean Berets have partnered with CSU, Northridge to bring Iowa Physical Educator and Fitness Historian Dr. Ed Thomas to California for a special one-time only certification workshop. This is a rare opportunity to work with one of the best in the fitness and physical education.

In brief, Dr. Thomas holds a 3rd Degree Black Belt in Judo, was a member of Task Force Delta, Fulbright Scholar, Doctrine Writer for US Army Physical Fitness School at Ft. Benning, and US Army Infantry Squad Leader on Korean DMZ during the 1968 Pueblo Incident. **Spaces are limited to 40 participants.**

*"Dr. Thomas is undoubtedly the U.S. Army's top physical readiness training expert...
He has inspired a paradigm shift that will benefit our soldiers for years to come."*

--USAPFS Commandant Lt. Col. William Reiger



Date: Saturday-Sunday, November 16-17th, 2013



Time: 8:00AM-5:00PM



Place: CSUN, 18111 Nordhoff Street Northridge, CA 91330



Cost: \$200.00



Includes: Workshop, Indian Clubs, Ed Thomas DVD, & Certification.



Registration: <http://csun-edthomas.eventbrite.com>



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