



## MMA Referee/Judge Seminar

This seminar is open to anyone interested in learning more about the officiating side of MMA. Fans, fighters, corners, managers, promoters, or currently licensed officials may register to learn more about the importance and criteria for officiating mixed martial arts events. This seminar will include a general admission event ticket to the Friday night amateur MMA event being held at the LC Pavilion in Columbus, Ohio. The weekend will also hold the infamous Arnold Sports Festival and seminar attendees will also receive an admission bracelet, one per person, to attend the Arnold Martial Arts competition being held over the weekend at the Greater Columbus Convention Center, Hall C.

Tickets for the WEC event being held on Saturday evening in the Nationwide Arena will also be available for sale via Ticketmaster®.

Please bring materials such as notebooks and pens for note-taking. Seating will be theater style.

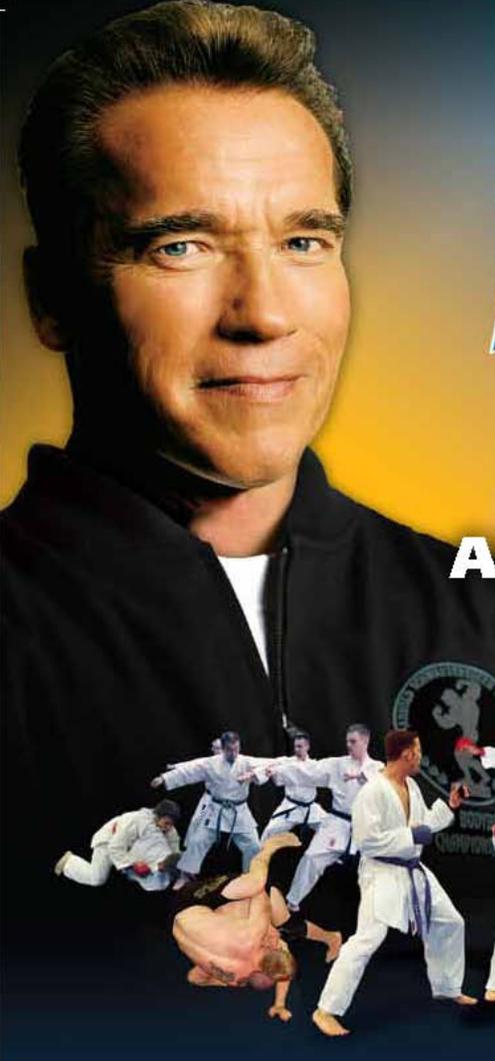
When: Friday, March 5, 2009  
Time: 10:00am to 5:00pm  
Where: LC Pavilion, 405 Neil Ave., Columbus, Ohio 43215  
Information: 317-414-0589  
Cost: **\$90 in advance**, postmarked by 2-19-09  
(\$100 day of seminar)

Please fill out the registration form and send with your check or money order made payable to:

Don Clift

1745 Perry Commons Blvd.  
Indianapolis, IN 46217





MARCH 5-7, 2010

GNC LiveWell

# ARNOLD



## ARNOLD MARTIAL ARTS FESTIVAL Multi-Discipline Event



### The Sports-Fitness Experience of Your Life!

- Spectacular 3 day martial arts event focusing on the competitors
- Competitions open to youth and adults, men & women
- Columbus Rotary will be presenting a \$2,000 College Scholarship to the top youth performer in Martial Arts.
- New workshops for 2010 to be announced
- EVENT CHAIR MARTIAL ARTS - Tokey Hill  
Phone: 614-796-1115 Fax: 614-474-8400  
Email: thill@tokeyhill.com
- For more information, competition schedules, and on-line registration visit [www.arnoldmartialarts.com](http://www.arnoldmartialarts.com)

Spectator Admission: Adults \$10.00 per day. 10 yrs & under FREE if accompanied by an adult. Admission includes total access to the Arnold Fitness EXPO. **NO STROLLERS ALLOWED.** For tickets call Ticketmaster, 800-745-3000 or [www.ticketmaster.com/arnold](http://www.ticketmaster.com/arnold). Tickets also available at the Greater Columbus Convention Center days of event.

WEEKEND INFORMATION: [www.arnoldsportsfestival.com](http://www.arnoldsportsfestival.com)  
Greater Columbus Convention Center, Hall C ■ Columbus, Ohio USA

# ARNOLD MARTIAL ARTS FESTIVAL

## Multi-Discipline Event

**MARCH 5-7, 2010**

Greater Columbus Convention Center, Hall C ■ 400 N High St, Columbus, Ohio USA

DON'T MISS the thrilling beginner to elite competitions of the 2010 Arnold Martial Arts Festival at The Greater Columbus Convention Center – Hall C. See more than 17,000 athletes and 170,000 visitors during the 4 days of action packed competition and entertainment throughout the Arnold Sports Festival. New 2010 workshops will feature nationally and internationally acclaimed martial artists with a Saturday evening party. The Arnold Martial Arts Festival is under the direction of Martial Arts Event Chair "Tokey" Hill.

### COMPETITION FLOOR

Hall C at The Greater Columbus Convention Center offers a spacious competition floor and a user friendly atmosphere for spectators as well as a highly organized environment for the competitors.

### COMPETITOR FEES

The Arnold Martial Arts Festival provides affordable competition and workshop entry fees. For more information visit [www.arnoldmartialarts.com](http://www.arnoldmartialarts.com) and select your discipline.

### REGISTRATION SYSTEM

We have installed an on-line user friendly registration system for 2010 that affords efficient ring assignments and competition ladder placement. For pre-registration discounts for all competitors and workshops visit [www.arnoldmartialarts.com](http://www.arnoldmartialarts.com) for details. All applicants must abide by all pre-registration discount deadlines.

### EVENT HEADQUARTERS

Holiday Inn Downtown  
175 E Town St, Columbus, OH 43215  
Contact: 614-221-3281 (Ask for Arnold Martial Arts Festival Block)

### FOR MORE INFORMATION CONTACT

■ **EVENT CHAIR MARTIAL ARTS - Tokey Hill**  
Phone: 614-796-1115, Fax: 614-474-8400  
Email: [thill@tokeyhill.com](mailto:thill@tokeyhill.com)  
Mailing address: PO Box 719, Chillicothe, OH 45601

### THE ARNOLD MARTIAL ARTS FESTIVAL 2010

will feature over 19 disciplines making the Arnold the largest martial arts event in the Midwest! For more information about the disciplines, rules and pre-registration deadlines:  
[www.arnoldmartialarts.com](http://www.arnoldmartialarts.com)

### FRIDAY, MARCH 5 SEMINARS

### SATURDAY, MARCH 6 COMPETITIONS

- Breaking
- Capoeira
- Chinese Martial Arts
- Grappling/Ju Jitsu
- Karate Traditional
- Kickboxing
- Sanshou
- Specially Challenged
- Tae Kwon Do Olympic

### SUNDAY, MARCH 7 COMPETITIONS

- Creative Forms
- Grappling/Ju Jitsu
- Gumdo/Kendo
- Judo
- Kali
- Karate Open
- Muay Thai
- Padded Weapons
- Tae Kwon Do Open
- Weapons Forms Open

**For daily updates visit [www.arnoldmartialarts.com](http://www.arnoldmartialarts.com)**

*Schedules subject to change.*

**Join us March 4-7, 2010 for the Arnold Sports Festival lineup of events!**

22nd Arnold Classic ■ Active Living Festival ■ Amateur Fitness, Figure & Bikini ■ Amateur Men's & Women's Bodybuilding  
Amateur Strongman ■ Archery ■ Armwrestling ■ Badminton ■ Bench Press ■ Boxing ■ Cheerleading & Dance ■ DanceSport-Youth/Senior  
EXPO (March 5-7) ■ Fencing ■ Figure International ■ Figure Skating ■ Fitness Fashion Show ■ Fitness International ■ Fitness Training Seminar  
Grappling/Ju Jitsu ■ Gymnastics ■ Judo ■ Karate ■ Martial Arts Festival ■ Ms. International ■ Party With The Pros ■ Powerlifting  
Pump & Run (5K) ■ Strength Training Summit ■ Strongman Contest ■ Table Tennis ■ Tae Kwon Do ■ Weightlifting ■ Wrestling

For more information about the Arnold Sports Festival and hotel reservations visit  
[www.arnoldsportsfestival.com](http://www.arnoldsportsfestival.com)