



# COMBAT SPORTS DIARY

## THE UNIQUE NEW PRODUCT FOR MARTIAL ARTS ATHLETES AND COACHES

The Combat Sports Diary has been developed to allow combat sports athletes to monitor and record their training. By recording what they learn, and monitoring their progress they will not only achieve there goals faster but push themselves to the next level.

- **The only product of its kind on the market**
- Suitable for people of all levels beginner - fighters
- Multi purpose—can be used by students & competitors of any style of martial art or combat sport!
- Allows the competitor to accurately **record & monitor** their own training and results!
- Specifically designed for martial artists by martial artists!
- Includes specific sections for keeping track of
  - **Technical Training and goals/objectives**
  - **Strength & conditioning training**
  - **Nutrition & diet/weight management**
  - **Competition preparation and results**
  - **Mental skills training and much more!**

To be launched in Australia & New Zealand in June/July 08 with advertising campaigns in Blitz, International Kick-boxer and MMA Sports Magazine.



### HOW THE GSD WILL BENEFIT YOU?

- Great way to record and monitor your training
- Helps you remember techniques you have learnt in class
- Will help you set and achieve your goals faster
- Excellent self motivation tool to help you stay focused



Available through purchase on the website but we are offering **bulk order discounts** to club coaches and instructors!

For more information or to place an order please contact us at:

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