



JEWISH COMMUNITY CENTER
at the Frances & Jacob Hiatt Building כ"ס"ד

MK International Wrestling Club...comes to the Worcester JCC

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Mehdi Kaveh: Bringing the Passion of Wrestling...



Train with one of the greatest -

Mehdi Kaveh is a Freestyle World Championship Gold Medalist and the reigning Iranian national champion at 64kg (149lb) from 1991-1996.

With a unique background and years of professional training and competition, Mehdi brings a new perspective to American wrestling training.

Mehdi treats the mind and body as a unit that must be trained together. Beginners and experienced wrestlers both will reap life-long benefit from the increased mind/body awareness, discipline, and respect they will gain through training with Mehdi.

Mehdi's unique fitness regimen is the result of 20 years of wrestling training at the highest level in Iran, where wrestling is the national pastime.

Fitness program includes

- active stretching
- aerobics
- partner drills
- gymnastics
- rubber band training
- swim training
- weight training



This fitness program lays the groundwork for successful technique training. With their minds and bodies active and focused, wrestlers re-learn the basics as they absorb tried-and-true techniques from a champion of the sport.

Wrestlers will learn

- how to use their shoulders to open up shots and as a second line of defense
- to win the hand-fighting battle when facing a stronger opponent,
- dozens of simple leg-attack setups.
- to train their instincts
- to conserve energy and attack explosively.
- many other advanced techniques

Experienced wrestlers who find themselves in a rut from years of the same repetitive training style will come to a greater appreciation of and love for the sport of wrestling. With renewed passion, increased fitness, a focused mind, and international-level techniques, trainees at the MK Int. Wrestling Club will become champions.



As a former World Champion, Mehdi's goal is to give wrestlers of all skill levels the tools they need to become champions, at whatever level they are competing at - as district champs, regional champs, state champs, national champs - and to pass on to them the Passion of Wrestling.

For additional training information contact Bob Berman, Health & Physical Education Director at the Worcester JCC, 508-756-7109, x 233 or Mehdi Kaveh at 508-579-1651.

Wayne M. Ushman, President
Emily G. Holdstein, Executive Director



MEMBER AGENCY OF THE WORCESTER JEWISH FEDERATION OF CENTRAL MASSACHUSETTS, INC.
AFFILIATED WITH THE JEWISH COMMUNITY CENTERS OF NORTH AMERICA
A LIVING MEMORIAL TO THE JEWISH WAR VETERANS OF AMERICA

The JCC is open to all regardless of race, color, religion, national origin, gender, sexual orientation, age, disability or economic condition. The Center is handicapped-accessible.