

What is Brazilian Jiu Jitsu? Brazilian Jiu Jitsu is a martial art and combat sport and a form of self-defense that focuses on grappling and ground fighting. It was derived from the Japanese martial art of Kodokan Judo in the early 20th century, which was itself then a recently-developed system (founded in 1882), based on multiple schools (orRyu) of Japanese jujutsu. It promotes the principle that a smaller, weaker person can successfully defend themselves against a bigger, stronger assailant using leverage and proper technique; most notably, by applying joint-locks and chokeholds to defeat them. BJJ can be trained for sport grappling tournaments (gi and no-gi) and mixed martial arts (MMA) competition or self-defense. Sparring (commonly referred to as 'rolling') and live drilling play a major role in training, and a premium is placed on performance, especially in competition. [Click Here to visit the Team Wally Carlson Gracie Website](#)

Price

Brazilian Jiu Jitsu Adults: \$100 per month

Brazilian Jiu Jitsu Adults + MMA: \$115 per month

Brazilian Jiu Jitsu Kids: (Ages 6-13) \$75 per month

Brazilian Jiu Jitsu Toddlers: (Ages 3-6) \$60 per month

Brazilian Jiu Jitsu + Crossfit Unlimited: \$150 per month.

One on One Individual Programming and Coaching: \$75 per hour