

Download Brazilian Jiu Jitsu A Training Manual

GovSmart CEO Brent Lillard is a Pedro Sauer purple belt who has been training for 10 years. He wants to increase the self-confidence of his employees with Brazilian Jiu Jitsu. Now offering daily classes in Small Circle Jujitsu, Judo, Muay Thai, Group Fitness, Kids program and indoor Slackline! Full Contact Chess...Its your move! Why should I teach grappling or Brazilian Jiu Jitsu in my school? Here are a few reasons to include grappling or Brazilian Jiu Jitsu as part of your martial arts program: Lineage Founded in 2000, BJJ Revolution first settled in San Diego and, since, has become a world-wide leader in Brazilian Jiu Jitsu. The roots of BJJ Revolution date back to the 1970's in Rio de Janeiro, the location of the acclaimed Carlson Gracie Academy.