



ROYLER GRACIE
DAVID ADIV

JIU-JITSU

CANADA

JOHANIS' KARATE SCHOOL

Quick Start Program

\$ 174

includes:

1 month of Jiu-Jitsu lessons
& 1 Free Jiu-Jitsu uniform
plus H.S.T.

Schedule

8:00 pm Tuesday BJJ

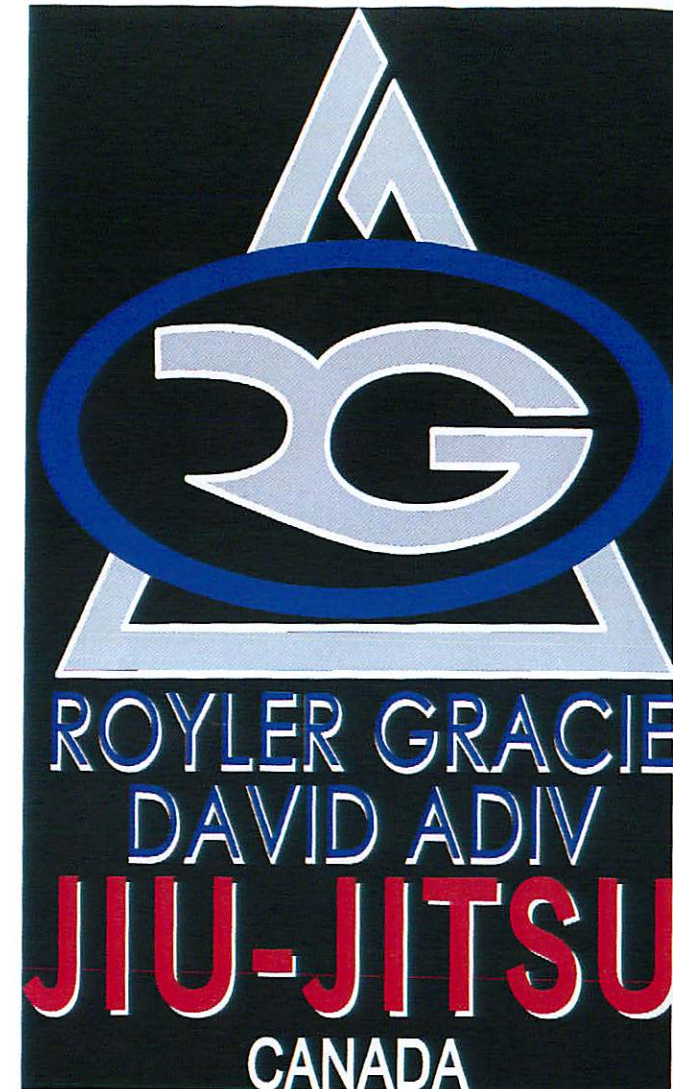
8:00 pm Wed. MMA

8:00 pm Thursday BJJ

8:00 am Saturday BJJ

9:00 am Sat. Kickboxing

**You've seen it in
action!
You know it's
effective!
Now you can learn
it with the proper
instruction.
This is your
chance!
Experience the art
that
everyone's been
talking about!**



98 First Street,
Unit 5.
Orangeville, Ont.
L9W 3J6
941-0573

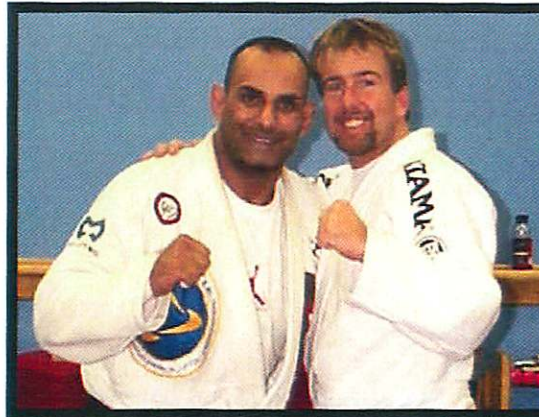
HISTORY OF BRAZILIAN JIU-JITSU

In 1914, Japanese Jiu-Jitsu champions Esai Maeda and Inomata arrived in Brazil to help establish a Japanese immigration colony in that developing country. He was aided by Gastao Gracie, a Brazilian scholar and politician of Scottish decent. To show his gratitude, the Japanese master taught the basic secrets of that ancient fighting style to Gastao's son, Carlos Gracie. Carlos taught Maeda's technique to his brothers: Oswaldo, Gastao, Jorge and Helio and in 1925 they opened the first Academy in Botafogo, a district of Rio de Janeiro, Brazil. Helio, the youngest brother, who due to his frail health was forbidden from doing and kind of physical activity, got involved in this martial art at the age of 16 when he began substitute teaching for his brother Carlos. In spite of his small frame and weight of only 140lbs, he became the mastermind behind the development of the style, creating an art that depended entirely upon technique, rather than strength and speed.

Helio went a step further than his teachers by introducing techniques that required less strength than the Japanese style. Led by him, the brothers were driven by a constant determination to find effective ways to deal with the very possible aspect of a real fight. Daring to break away from the traditional Japanese style, they began experimenting, modifying and using simple techniques that would be effective regardless of stature.



Royler Gracie is a world champion and life-long practitioner of Jiu-Jitsu. Royler was taught directly by his father, the founder of this art, Grand Master Helio Gracie. Royler practices and teaches Jiu-Jitsu full time, in Rio de Janeiro, Brazil.



Professor David Adiv began training, in Brazil, with Royler Gracie in 1992. Professor Adiv is considered by many to be one of the most technical black belts today.

CLASS DESCRIPTION

Fundamentals Class

Students are provided with the knowledge they need to defend themselves in a real, life-threatening situation. Our curriculum includes 120 techniques that could literally save your life during a confrontation. In this class you will learn how to deal with the most common street attacks without relying on strength, speed or coordination. Grand Master Helio Gracie has perfected the techniques and unique teaching method used in Gracie Jiu-Jitsu over a span of 70 years. The result is a self-defense system that has been proven to work for everyone.

Sparring Class

Learning by doing—the sparring class is intended for students to have an opportunity to put their knowledge into action. In this class you will be able to improve your skills by practicing with other students. Here, you will be able to spar, making free use of throwing and grappling techniques. In addition to it's technical benefits, the sparring class provides an excellent cardiovascular workout.

Throwing Techniques and Clinching

The throws and the grappling techniques are as inseparable as the front and rear wheels of an automobile. The throwing techniques class was developed to address a crucial element of a street fight. How to take your opponent to the ground. In this class you will learn how to apply several take down techniques that do not require any strength. In addition, this class benefits it's participants by improving balance, coordination and the ability to defend against being thrown.

Private Classes

Grand Master Helio Gracie stated that the best way to take full advantage of Gracie Jiu-Jitsu techniques and all it's intricacies and details is by taking private lessons. During private lessons, you will learn several techniques against all type of street aggressions including bare hand, club, knife and gun attacks. After only 40 private lessons, a student will possess the knowledge and reflexes necessary to be ready to fully defend themselves in a real street fight.