Website

www.jiujitsulifestyle.com.au

Our school has it's own website with fundamental information for reference.

Facebook

Members and Friends are welcome to join our FB community. It is a focal point for up to date information and informal contact between athletes.

FB Group: Jiu Jitsu Lifestyle

Associate Schools

Coach Bernie Jenkins is one of only a handful of Black Belts representing Australian Coach John Donehue. We represent and compete under the "Extreme Jiu Jitsu and MMA" banner as part of the Extreme team.

See www.extremejjg.com for full details.

Kando Karate in Oakleigh is a sister school to Jiu Jitsu Lifestyle and reciprocal training is encouraged.

See www.kandomartialarts.com.au

Contact Email for the Ringwood School

info@jiujitsulifestyle.com.au

Rankings

We use the traditional BJJ ranking system with for both Juniors and Adults. Junior Belts are applicable to any athlete under 16 years of age.

On reaching the age of 16 the coach will determine what adult rank the athlete will be promoted to.

In BJJ the adage is true, "Nothing worth achieving is easy and nothing easy is worth achieving."

Gradings are held several times per year. A grading fee applies. Your Coach will advise you how to prepare for promotion in rank.

WWW.JIUJITSULIFESTYLE.COM.AU

JIU JITSU LIFESTYLE

Why train Jiu Jitsu Lifestyle …

Our culture is relaxed, our methods are progressive.. We do what is required to get results.

Our Black Belt Instructors have over 40 Years combined competitive, coaching and instructional experience.

Our athletes achieve exceptional competitive results, 2008 – 2009 (as of 19 April)

- 18 Gold Medals
- 4 Silver Medals
- 7 Bronze Medals

Our school is a place to train and everything we do is about training first, business comes second. So we push training, not ad on sales.

Our school is dedicated to Jiu Jitsu and MMA and equipped specifically to provide you with a great environment to learn and train.

JIU-JITSU NOVA UNIÃO

EXTREME

Jiu Jitsu & MMA

Timetable

Tuesday	
6 pm – 7pm	Intermediate BJJ
7pm – 8pm	MMA
Wednesday	
6pm – 7pm	BJJ
7pm – 8pm	Special
Thursday	
6pm – 7pm	Intermediate BJJ
7pm – 8pm	BJJ
Saturday	
10am – 11am	BJJ
11am – 12pm	MMA

Intermediate BJJ
Training for athletes ranked Blue Belt or in preparation for Blue Belt or above. By Invitation Only.

MMA
Mixed Training combining striking and grappling. Protective equipment required. Open to all athletes.

BJJ
Gi and No Gi Brazilian Jiu Jitsu and Submission Grappling for all Athletes.
Suitable for beginners.

Special
Special programs as advised.

Private Training
Private training for individuals or small groups is available by appointment with our Coaches.

Studio
The studio is a full time venue and Advanced Students will often be found training outside of scheduled classes.

Equipment Required
There is a base level of equipment required to train depending on whether you do BJJ or MMA.

BJJ Essentials

- Patched Jiu Jitsu Gi/kimono.
- Fight Shorts and Rash Vest.

MMA Essentials

- Fight Shorts and Rash Vest.
- MMA Gloves.

Optional Equipment

- Head Gear
- Shin Guards
- Ear Protectors
- Ear guards
- Knee pads optional.

Fees
Our Fee structure is simple and flexible, choose an option to suit your lifestyle.

Introductory Offer
50% OFF training fees during your first month.

- **No Contracts**
- **No Joining Fee**
- **No Association Fee**

Simple Monthly Membership Fees or Pay for only the classes you attend.

*We will provide you with our bank account details so that you can arrange to deposit your membership fees directly into our account.

All monthly memberships are due on the first day of each calendar month.

	Adult	Under 16
Casual Fee	$20	$15
10 Classes	$150	$90
Memberships	** Direct Deposit Preferred*	
1 Month*	$90	$70
3 Months*	$250	$200
12 Months*	$990	$720