

Why BJJ?

BJJ is a great way to get/stay in shape while learning how to fight and defend yourself with the power of Brazilian Jiu Jitsu. A martial art for everyone regardless of age, gender, experience, athleticism! Unlike many other martial arts, BJJ distinctly uses grappling, leverage, control, hold and submissions, so no punching and kicking required. All you need to bring is good workout clothes and a water bottle!



ADVISOR CONTACT

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WHERE?

Room F-105 inside of the
campus fitness center!

WHEN?

Every Monday from
3:00pm - 4:30pm

**ACC
BRAZILIAN
JIU JITSU
CLUB**