

ABOUT OUR GYM

We are a full time Academy open 6 days a week and offer over 60 classes a month!

Our full matted 1600 sq foot facility is air conditioned.

Our passion is jiu jitsu and that is what we teach. We are not a MMA gym.

We rank our students (rank) in BJJ, Traditional Japanese Jujutsu and in Nogi Jiu Jitsu!

We are a member of the Provincial organization Jiu Jitsu BC Society (jjba.ca) as well as the Keith Owen BJJ Assoc and the 10th Planet Assoc.

We teach both self defense and competition jiu jitsu.

CALL TODAY

(250)686-1400

SUBMISSIONS 101 GYM

1821 Cook Street
#202-(Second Floor)
Victoria, BC

Phone: (250) 686-1400

For more information, check out our extensive website at:

www.submissions101gym.com

Email:

info@submissions101gym.com

**Come in and try a
*free class!***

We are a member of:
Jiu Jitsu BC Society (jjbc.ca)
Keith Owen BJJ Assoc.
Eddie Bravo 10th Planet Assoc.

SUBMISSIONS 101 GYM

***WE SPECIALIZE IN THE ART
OF JIU JITSU***



WE OFFER:

**BRAZILIAN JIU JITSU
10TH PLANET JIU JITSU
JAPANESE JUJUTSU
KIDS PROGRAMS**

www.submissions101gym.com

WHY JIU JITSU?

Jiu Jitsu (JJ) is much more than just a collection of fighting techniques. It offers its practitioners a **battle-tested, systematic, and strategic approach** towards hand-to-hand combat.

Jiu Jitsu literally means “flexible fighting art” and is the **most sought after martial art in the world**. JJ is unique because it covers both stand up and ground fighting techniques.

Jiu Jitsu uses:

Leverage & positioning (not strength or size)

Joint locks & Throws

Chokes & Strikes

Weapons Work & Defenses

We offer:

Brazilian Jiu Jitsu (BJJ): made famous by the Gracie family, BJJ is one of the most effective grappling arts in the world.

10th Planet Jiu Jitsu: a nogi style developed by Eddie Bravo, 10PJJ is fantastic for nogi and MMA competitions.

Japanese Jujutsu (JJJ): not a sport, not a game, JJJ is the chosen art for self defense world wide.

-Improved flexibility and conditioning

BENEFITS?

-Increased strength and reaction

-Increased self-esteem in knowing you are studying the most effective martial art in the world as well as

-Sport competition training and

-Fun! We pride ourselves on having an academy that is void of intimidation and bullies.

-OUR SCHEDULE-

MONDAY

11:00-12:00: Brazilian Jiu Jitsu (Beginners)

5:30-6:30: 10th Planet Jiu Jitsu (Intermediate)

6:30-7:30: Brazilian Jiu Jitsu (Beginners)

7:30-8:30: Japanese Jujutsu (Self Defence)

TUESDAY

5:30-6:30: Japanese Jujutsu (Self Defence)

6:30-7:30: Brazilian Jiu Jitsu (Beginners)

7:30-8:00: Open Mat/ Sparring/ Free Rolling

WEDNESDAY

11:00-12:00: Brazilian Jiu Jitsu (Beginners)

5:30-6:30: Brazilian Jiu Jitsu ((Beginners)

6:30-7:30: 10th Planet Jiu Jitsu ((Intermediate)

7:30-8:00: Open Mat/ Sparring/ Free Rolling

THURSDAY

5:30-6:30: Japanese Jujutsu (Self Defence)

6:30-7:30: Brazilian Jiu Jitsu (Beginners)

7:30-8:00: Open Mat/ Sparring/ Free Rolling

FRIDAY

5:30-6:30: Brazilian Jiu Jitsu (Beginners)

6:30-7:30: Open Mat/ Sparring/ Free Rolling

SATURDAY

12:00-12:45: PURE Conditioning Classes

1:00-2:00: 10th Planet Jiu Jitsu (intermediate)

2:00-3:00: Open Mat/ Sparring/ Free Rolling

Brazilian Jiu Jitsu – Is an incredibly fun grappling art utilizing the traditional uniform (gi). Although originally based on Japanese JJ, BJJ has evolved into a unique martial art in its own right. Our style of BJJ is smooth and highly technical, empowering smaller opponents to overcome on the ground without the use of strength. Our BJJ classes are all designed to get you on the path to your blue belt! We are direct students of Keith Owen, Pedro Sauer Black Belt.

CLASSES

10th Planet JJ – Is an innovative sub style of Brazilian Jiu Jitsu (BJJ), but without the gi. This no-gi style is powerful and explosive, and is perfectly suited to MMA training. These classes focus on ground fighting (grappling) and sport competition. We are direct students of the founder, Eddie Bravo and were the first school in Canada! **To attend, you must have at least 40 classes of BJJ.**

Japanese Ju Jutsu – Is the most efficient and street-effective martial art; it is a complete self defence system based on the samurai arts. Japanese Ju Jutsu is often used by military, police and security forces as the martial art of choice and is the basis for most “reality-base self defence systems”. This Class is open to ALL students.

Ultimate Kids (ages 6-13): Children will love our BJJ grappling ing program. It will empower and teach REAL martial arts to them. Contact us for 2010 sign up classes!

***Camosun College** classes are held at the Landsdown campus and are dealt with through the athletic dept on site: Classes are held 2:30-3:30 Wed/Thurs/Fri

HOW DO I GET STARTED

Give us a call at 250-686-1400 or email us with your inquiry: info@submissions101gym.com

For more information of what Jiu Jitsu looks like, check out our video site: