

# Brazilian Jiu-Jitsu & Mixed Martial Arts

The Lincoln-Woodstock Recreation Department, in conjunction with Instructor Craig Willey of the Green Mountain Jiu-Jitsu & Mixed Martial Arts Club, would like to offer you the opportunity to take part in a Jiu-Jitsu class.

## About the Instructor-

Head instructor, Craig Willey, opened his school during the Fall of 2006 in Rutland, VT. Craig is a brown belt in Brazilian Jiu-Jitsu, and certified under Julio "Foca" Fernandez. Mr. Fernandez is a six degree black belt under Carlson Gracie, Sr. Mr. Fernandez has honored Craig with the opportunity to teach the art of Brazilian Jiu-Jitsu in the Rutland area, under the Brazilian Jiu-Jitsu United States Association (BJJUSA).

Craig has over 15 years of martial arts experience in a variety of disciplines, including 10 years experience as a licensed school teacher and coach with a Masters Degree in Secondary Education. Craig has also trained with Tom Murphy of the UFCTV Season 2 and King of the Cage. Craig has attended seminars with Jiu-Jitsu experts such as Royce Gracie, Rodrigo Medeiros, Relson Gracie, and the legendary Carlson Gracie.

## About Jiu-Jitsu-

Jiu-Jitsu is one of many "Martial Arts", a term which refers now to a wide variety of Asian styles of hand-to-hand combat.

Jiu-Jitsu, translated as 'the gentle art,' is the oldest form of martial art. It has also been defined with terms like yielding, softness, subtleness, and pliability. Its origins date back to India more than 2,000 years before Christ. From there it spread throughout Asia and eventually settled in Japan

Jiu-Jitsu is a devastatingly effective self-defense system. While the actual number of techniques may be relatively small (50), the variations and flexibility within the system is limited only by the practitioner's ability to understand and apply the techniques. Jiu-Jitsu is now undergoing somewhat of a rebirth, as people re-discover the numerous benefits, both practical and personal, of this dynamic and effective Combat Art."

**Day & Time:** Wednesday Class Time– 7:00-8:30    **Cost:** \$50.00/month

**Where:** Lincoln-Woodstock Community Center, 194 Pollard Rd., Lincoln, NH

**Ages:** 13+            **Classes begin:** April 1, 2009

To **REGISTER** for classes, please bring cash or check to the Community Center by **March 25, 2009.**        \* *Make checks payable to **Craig Willey***

For **MORE INFORMATION** please call the Community Center at 745-8958 or Craig Willey at 1-802-353-3730