

MORUMBI THE ROAD TO BLACK BELT

FIRST CLASS	WHITE BELT FUNDAMENTALS	WHITE BELT INTERMEDIATE	ADVANCED BLUE - BLACK BELT
THE FIRST STEP	2-5 MONTHS: 24 CLASSES	18 MONTHS: 144 CLASSES	7-8 YEARS:
	 In the Fundamentals program you will learn the most important concepts and positions in Jiu Jitsu. This technique only introduction to Jiu Jitsu is taught by our most senior instructors, so you can be confident that you're learning proper technique. Train 2x / week and master this 40 class program in x weeks. We offer morning, lunch and evening classes so it's easy to fit into your busy schedule. By the end of this program you will have a solid foundation in Jiu Jitsu and you'll be more fit, more confident, and ready to join the Intermediate program! 	 The Intermediate program focuses on the techniques you will use throughout your Jiu Jitsu career - even as a Black Belt. You'll learn how to put individual techniques together and how to use leverage to defeat larger opponents. We teach this class in a safe and structured manner designed to ensure everyone is comfortable and able to learn. This is one of our most popular classes and has students of all levels. By the end of this program you will be comfortable sparring, you'll have better cardio, better flexibility, and stronger muscles, and you'll be ready to get your Blue Belt and join our Advanced class! 	 The Advanced program teaches attack and defense techniques for every situation and encompasses all aspects of martial arts. During this period you will create your own Jiu Jitsu game and build your techniques. By the end of this program you will be a true martial artist.