Old Town Academy Self Defense and Brazilian Jiu-Jitsu







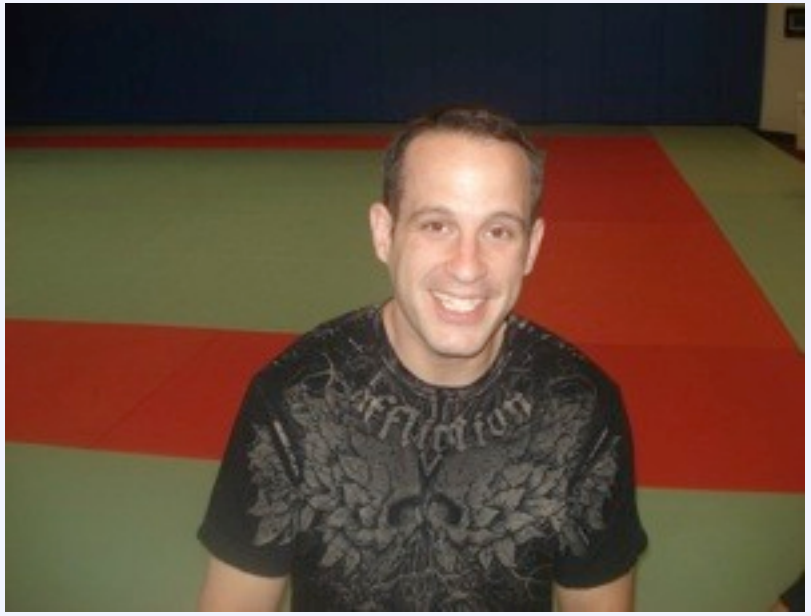
Outliers Jiu-Jitsu



Instructor Barden

Jeremy Barden

- Purple Belt under Saulo Ribeiro
- Academy Owner- Outliers
- MA in Biology with an Emphasis in Sports Physiology
- Hobbies: BJJ, Hiking, Swimming, Fishing



Instructor Julio

Julio Villanueva

- Julio's grappling experience began in High School where he wrestled for three years competing in many tournaments. After High School he joined the Marines where he had his first introduction to submissions through the Marine Corps martial arts program. Although the moves he acquired from the Marines were basic they were enough to gain his interest in submission grappling. It was Julio's cousin who took him to his first actual Brazilian Jiu-Jitsu class in 2007. Following the class he immediately signed up.
- Over the years Julio's love and dedication to sport helped him reach his current rank of purple belt. He continues to learn and evolve as a BJJ practitioner always willing to pass his knowledge down to the lower belts. Julio understanding of the art along with his positive attitude makes him a natural instructor.

Objectives of the Program

- Teach The Most Effective Self-Defense System in the World
- Prepare Students for Sport Jiu-Jitsu Competitions
- Develop Conflict Resolution Skills
- Nurture Body, Mind and Spirit
- Develop Character: Positive Attitude, Discipline, Family, Honor, Loyalty, and Respect
- Encourage Exercise, Nutrition, FUN!

Classroom-Sports Jiu Jitsu

- Sports Jiu Jitsu
- The Point Scoring System
- Tournaments and competition
- Ranking or Belt System and Promotions
- Parent Contribution, Understanding, Support

Q1 (1st Quarter) Program

- Starts Sept 11 and Ends Nov 1st
- Tuesday and Thursdays
- Emphasis on Self Defense
- Uniform = Gi (Purchase from Outliers or wear your own)
- Bonus Free Saturday Training in Santee

Thank you!

