

Gracie Basics Schedule

(you will also find this schedule at the bottom of every page at BalanceStudios.net)

Balance Studios

108-114 South Bonsall Street

Philadelphia, PA 19103

Phone: 215.636.9661

Website: www.balancestudios.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 pm		12:00 pm	5:15 pm (street reality)	12:00 pm
6:00 pm	6:00 pm	6:00 pm	7:00 pm		

NOTE: You may attend 1-3 classes per week in this program (extra classes are \$20 per class.)

About the Gracie Jiu-Jitsu Basics program:

The purpose of this program is to make you feel **“street ready.”** Head instructors Ricardo and Phil Migliarese have designed this program with the principles of their mentor, **Grand Master Helio Gracie** in mind. Helio Gracie modified Jiu-Jitsu to work for the small and the weak. The Migliarese brothers have built this program with the **“average person”** in mind, not the athlete. All of the techniques are easy to do, easy to learn, and are repeated over several classes. The program is perfect for anyone of any size, no matter if she/he is “in shape” or “out of shape.”

Gracie Jiu-Jitsu is for everyone! We’ve designed this program with you in mind - the beginner. Balance Studios instructors are specially trained to teach beginners in a way that is easy to understand. The Migliarese brothers have taught thousands of students over the last 20 years. They have discovered the easiest, safest, and fastest method to impart the Brazilian Jiu-Jitsu self defense of Helio Gracie and his son, Relson Gracie.

We believe in “Mastering the Fundamentals.” This program is perfect for the **absolute beginner** looking to feel confident on the street and also to build the knowledge necessary to move to the intermediate and Mixed Martial Arts program.

Free Trial Program

Name: _____

Begin date: _____ end date _____

Phone: _____

Sponsor/referred by: _____

Thank you for choosing Balance Studios!

This **FREE TRIAL PROGRAM** will help you get more familiar with our staff, curriculum, style, and atmosphere. The most important thing to us is that you feel comfortable at the studio while learning the most effective martial art in the world.

Our Gracie Jiu-Jitsu Basics Program is focused on teaching you simple techniques to survive a real encounter. This introduction covers defensive techniques against the most common attacks on the street. We believe that you should become "street ready" before you focus on the sport aspect of jiu-jitsu and mixed martial arts. Owners Phil and Ricardo Migliarese believe that everyone in the world should have at least 6 months in Gracie Jiu-Jitsu self-defense training.

FREE TRIAL PROGRAM INCLUDES: 3 lessons to get you ready to join our **Gracie Basics Program**

- 1. How to safely get up off of the floor
- 2. How to block a "sucker punch"
- 3. How to escape the bottom (mount & headlock)

Class 1

_____ date

Class 2

_____ date

Class 3

_____ date

Authorized by: _____