



"By the time you're done reading this ad, you're going to want to twist my arm."

Brazilian jiu-jitsu is a way of life. This is how it will change yours.

1. Achieve supreme confidence.

The number one benefit reported by players the world over is that- no more, no less. Acquiring the technical skills to beat a stronger, bigger opponent will fill you with a level of confidence that will carry well beyond the mats.

2. Find your peace.

Step into a BJJ gym anywhere in the world, and you'll be struck by the air of serenity and order that reigns. The contrast can be especially noticeable in big cities- where you feel like you have escaped chaos to enter an oasis of tranquillity.

3. Play physical chess.

Trying to figure out your opponent's next move while under pressure is a true workout for your mind.

4. Family comes first.

According to groundbreaking social scientist John Cacioppo, loneliness can increase your chances of early death by 20%. A BJJ gym is first and foremost a community. We roll together.

5. Meditation in motion.

Be present. Be in the moment. Be one with your body and improve your breathing technique. As if your life depended on it. Because, in this context- it kind of does.

6. Hug it out.

Close physical contact releases endorphins and oxytocin. This reduces stress and makes us feel more connected to one another. It's our very own brand of "tough love", if you will.

7. Get fighting fit.

And of course, there is also that. Improve your flexibility, endurance, mobility and overall physical strength while getting in the shape of your life.

See, i'm not trying to twist your arm into liking BJJ. In fact- it's the exact opposite. I invite you to try and twist mine. If you succeed- I'll give you free tuition for a year. Please get in touch at rickson@graciejiujitsu.com or call 0208012098 and say "challenge accepted".