

Grappling

Grappling Skill level Open to all levels Class Description · Instructor led session is provided with individualized attention · Fundamental and advanced techniques and submissions are demonstrated by instructors and then practiced by students · Flow rolling to live sparring among students allows them the learning environment to implement the techniques and/or defend themselves against them.

Gear required · Mouthpiece · Groin cup

General Information Grappling is also known as "no-gi jiu jitsu" or "submission wrestling." Our instructors believe in teaching all aspects of grappling, and our classes reflect that: here, you'll learn not only how to apply and escape submissions, but to gain and maintain the kind of positioning that can help you control and dominate your opponent. Coach: Kevin Knudsen