

Brazilian JiuJitsu and Gravity

Tuesday, 5 November 2024 14:30 (45 minutes)

Discover the powerful combination of Brazilian Jiu-Jitsu and the principles of gravity in this unique workshop. Learn not only the techniques of this effective self-defense sport but also how to leverage gravitational forces for improved control and technique. Suitable for all levels, from beginners to advanced practitioners. Join us for workshop filled with movement, self-defense, and exploration of the rich culture of Brazilian Jiu-Jitsu. Uncover the strength within yourself and enhance both your body and mind!

Session Classification: Parallel