

Montpelier Martial Arts

Brazilian Jiu-jitsu

Tuesday and Thursday evenings 6:15-7:45 and Saturday morning 10:30-12:00
First in Fitness Aerobics Room



The ancient art of jiu-jitsu is Japanese in origin. However, modern times have dictated an evolution of this ancient art into a very sophisticated practice in Brazil. Most real fights end up on the ground and

Brazilian Jiu-jitsu (BJJ) specializes in ground fighting. BJJ is very practical for anyone interested in realistic self-defense. BJJ is based on techniques of balance and leverage rather than size and strength. BJJ training will help you develop your fighting skills and provide you with the tools for dealing with conflict at the level you choose. Classes are open to all ability levels and styles; no prior experience is necessary. We emphasize our friendly and helpful environment that focuses on individual development and training.

Wing Chun Gung Fu is a dynamic Chinese street combat style characterized by short, sharp strikes down the centerline and is known for its principles of simultaneous attack and defense, hand trapping, and economy of motion. The system of Close Range Combat founded by Sifu Randy Williams is the system of Wing Chun currently being practiced at Montpelier Martial Arts.



Instructors Sue Arbogast and Mike Pologruto are long-time martial artists each with over 25 years of experience covering several martial arts. They have both been training steadily in BJJ since 1996 and each holds the rank of black belt under Julio Fernandez, President of the Brazilian Jiu-jitsu United States Association (www.vermontbjj.com). They have both been training with Randy Williams since 1996 and are certified to instruct Close Range Combat Wing Chun Gung Fu (crawingchun.com).

The class fee of \$50/month (First in Fitness membership *not* required) provides the student with their choice of instruction and training in BJJ and/or Wing Chun. For more information please email us at montpeliermartialart@me.com or call us at 223-6309.