

MONTHLY NEWSLETTER

UNLEASH YOUR INNER WARRIOR
WITH BRAZILIAN JIU-JITSU

OCTOBER EDITION



STEP INTO THE LEGACY OF BRAZILIAN JIU-JITSU

Welcome to Gracie Elite BJJ Dural, where tradition meets power and discipline shapes character. Dive into the timeless art of Brazilian Jiu-Jitsu, crafted by the legendary Carlos Gracie, a pioneer who transformed traditional Japanese jiu-jitsu into an unstoppable force. Under the tutelage of Mitsuyo Maeda, known as Conde Koma — the “Count of Combat”, Carlos mastered the art of leverage and technique, creating a system that allows anyone, regardless of size or strength, to become a formidable practitioner.

At Gracie Elite BJJ Dural, we don't just teach you to fight—we teach you to excel.

WHY GRACIE ELITE BJJ DURAL?

We are more than a gym—we're a family. At Gracie Elite BJJ Dural, you'll be training in a supportive, close-knit community where respect and encouragement drive every class. Whether you're a beginner or a seasoned athlete, we've got your back.

Top-Notch Instructors: Our expert coaches bring decades of combined experience, ensuring that each session delivers authentic Gracie Jiu-Jitsu. You'll leave every class with sharpened skills, ready to take on anything life throws at you.
Inclusive Training: Whether you're here to become a better fighter or just to stay fit, our classes are for all ages and skill levels. From children to adults, everyone is welcome.

Personalised Attention: No cookie-cutter classes here. We take the time to focus on your growth, helping you meet your personal goals every step of the way.

STAY CONNECTED WITH US

Follow us on social media for the latest updates, promotions, and training tips. Join our growing community and take your first steps toward mastering Brazilian Jiu-Jitsu.

IMAGINE STEPPING INTO A CLASS WHERE THE ART OF SURVIVAL AND DOMINATION IS AT YOUR FINGERTIPS. YOU'LL:

Build Confidence: Learn how to defend yourself and develop a mindset that thrives in any challenge.

Enhance Fitness: Get into the best shape of your life, all while mastering the art of technique.

Sharpen Mental Toughness: This isn't just a physical journey—it's a mental one. Every step on the mat builds resilience, focus, and clarity.

WHY BRAZILIAN JIU-JITSU IS THE ULTIMATE GAME-CHANGER

Gracie Jiu-Jitsu is revolutionary. It's not about brute strength—it's about using your opponent's energy to your advantage. With each class, you'll develop precision, confidence, and resilience. This isn't just about self-defence, it's about mastering control in every aspect of life.

YOUR JOURNEY STARTS NOW!

Why wait? There's no better time than today to become the best version of yourself. Whether you're looking to master self-defence, enhance your fitness, or build a new mental edge, Gracie Elite BJJ Dural is the place to be.



Call us find out more
1800 387 255