Brazilian Jiu-Jitsu Classes

Where: ACE Basin Sports Complex Recreation Center

When: Mondays and Thursdays. 5:30 – 6:15pm for kids. 6:15 – 8:00 for adults.

Who: Lowcountry Grappling Arts instructor, Checkmat Brazilian Jiu-jitsu black belt, and Judo black belt Bob Mynatt.

What: Brazilian Jiu-jitsu is the core of the curriculum.

Judo is a closely related art. Many of the techniques of Judo are included, giving our competitors an advantage at competitions.

Wrestling is included to prepare the competitor for “no-gi” competitions and certain self-defense applications.

Tuition: Kids - $65/month   Adults - $75/month

For more information call: Bob Mynatt 843-635-5510 or Mandy Mynatt 843-635-5511.