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## How much does gracie combatives cost

\$160.00 8x/month Although Gracie Jiu-Jitsu consists of over 600 techniques, studies of the fights conducted by members of the Gracie Family have shown that 36 techniques have been used more often, and with greater success, than all the others combined. Originally developed for the U.S. Army, Gracie Combatives is the only course that is entirely dedicated to the mastery of these 36 essential techniques. After students perfect all the Gracie Combatives techniques individually, they qualify to participate in weekly Reflex Development Classes where they learn how to execute them in various combinations. Once a student masters all the techniques in every combination, they qualify to be tested for promotion to blue belt. More about Gracie Combatives \$160.00 8x/month Beyond blue belt, Gracie Jiu-Jitsu consists of hundreds of advanced techniques, all of which have been organized into a clearly defined, systematic curriculum called the Master Cycle. In order to streamline the learning process, we have divided all the techniques in the Master Cycle into seven Positional Chapters: Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, and Standing. Several months are dedicated to the study of each chapter before moving on to the next. Each time a student recycles through the 7 chapters they have the chance to learn new techniques as well as strengthen and expand their foundation of existing skills. This cyclic process continues for several years until the student becomes a master in every position of Gracie Jiu-Jitsu, one of several perquisites for promotion to black belt. More about The Master Cycle \$160.00 8x/month Women Empowered is the official Gracie self-defense program for women. In this 10-lesson program, we will teach you how to neutralize the 15 most common attacks ranging from having your hair grabbed to being pinned to the ground by a weapon-bearing assailant. Each one-hour Women Empowered lesson addresses two techniques. You can start the program at any time and participate in any class without previous experience. Unlike most self-defense systems that rely heavily on strength, speed, and coordination, the techniques in the Women Empowered program employ leverage, technique, and timing, so anyone, regardless of age or athletic ability, can make them work against larger opponents. Once you complete the Women Empowered program, you may test for promotion to Pink Belt! More about Women Empowered \$160.00 8x/month The Little Champs program is for kids 5-7 years old (we offer private lessons for children ages 3-4). Using our time-tested "Gracie Games," we teach the Little Champs basic self-defense techniques while instilling the foundational principles of leverage and control. The secret to the success of this program is that we make the lessons so fun that the kids beg for more! Once a child masters all ten Gracie Games, they advance to the Jr. Grapplers program. \$160.00 8x/month In the Jr. Grapplers program, we focus on 33 non-violent self-defense techniques that teach children to "neutralize and negotiate" with the bullies. Verbal assertiveness strategies are a major portion of this curriculum. A child needs absolutely no experience to start, and we guarantee a noticeable increase in your child's confidence within a few weeks! \$160.00 8x/month We invite children who excel in the Jr. Grapplers program to join the Black Belt Club. This is our most advanced youth jiu-jitsu program and joining the Black Belt Club is the highest honor for any youth Gracie Jiu-Jitsu practitioner. Kids in this program possess all the traits necessary for success on the path to black belt: discipline, respect, courage, leadership, loyalty, and compassion. More about Black Belt Club Donate to Support Gracie Jiu-Jitsu La Jolla During Covid-19 TIME: 12:00pm - 4:00pm Thank you to our Bird Rock neighbors KOI Wellbeing/Discovery Health Services for Partnering us and being proud members of the Gracie BJJ LJ family. Donations are appreciated!Please Text (658) 405-0734 to schedule your FREE Vaccination and Testing. The vaccines are refrigerated and must be used when taken out of refrigeration so please don't miss your appointment or your dose will be wasted Although Gracie Jiu-Jitsu consists of over 600 techniques, studies of real fights conducted by members of the Gracie Family have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. Originally developed for the U.S. Army, Gracie Combatives is the only course that is entirely dedicated to the mastery of these 36 essential techniques. You need absolutely no experience to start this program. Our instructors conduct all classes in a cooperative training environment and are committed to ensuring that every new student has an informative, enjoyable experience regardless of age, gender, or athletic ability.Upon enrolling in the Gracie Combatives program at any Certified Training Center, you will receive a free subscription to GracieUniversity.com. Through this interactive website, you will have access to detailed video instruction on every technique in the course enabling you to study the lessons on any computer or mobile device 24 hours a day! Furthermore, all active students at a Certified Training Center qualify to train at any other Gracie Certified Training Center around the world. Since the curriculum is the same at all Certified Training Centers, you will receive credit for every lesson on your Gracie Combatives attendance card when you return home The Gracie's have divided the 36 Gracie Combatives techniques into 23 one-hour classes so that you can complete the course at your own pace. Designed so each lesson can start at any point in the course. As a result, you can complete the 23 lessons in any order. Upon enrolling, we will issue you a Gracie Combatives® attendance card on which we will track your progress every step of the way. Once you complete each of the 23 Gracie Combatives lessons twice, you will qualify to participate in the Reflex Development (RD) Classes where you will learn how to combine the 36 techniques to address the most common occurrences in a real fight. Once you complete each of the Gracie Combatives lessons three times, and you've completed at least 12 Reflex Development Classes, you are eligible to test for promotion to Blue Belt! We will administer a 25-minute test to assess your ability to execute the 36 essential techniques individually and in combination. If your performance meets Gracie Academy standards, you will qualify for promotion to blue belt and you will be allowed to attend our advanced Gracie Jiu-Jitsu program, the Master Cycle.Pedro Sauer / Gracie Academy Partnership Announcement "Matt Becker is an excellent teacher and the Gracie Academy is proud to have him as a Level 3 Certified Instructor." — Renner Gracie "Matt runs a wonderful school. Teaching a great technical jiu jitsu class with a heavy dose of life skills for the kids and humor for the adults watching. Both my boys love coming to class and hate when they miss. Their confidence and focus are improved and I think they could diffuse a situation with their peers. After a year of watching I signed myself up with their family discount. I've been to four classes and I'm hooked! Now I might be able to defend myself against my boys when we wrestle. Probably not! Thanks to both of you!" — Arno Crispeels "My daughter and I both train here. It's an amazing place with a family atmosphere. If you are looking for a place to learn how to win a tournament it's probably not the right academy. If you want to learn how to defend yourself on the street it's definitely the right academy. My daughter trains Bullyproof and we have seen positive growth in her attitude and body awareness. I definitely recommend this academy to any man, woman or child." — Judah Delapalmo "I've trained at Gracie Jiu-Jitsu La Jolla for over 7 years and the place has literally changed my life. My professional life is pretty sedentary, and Gracie Jiu-Jitsu Combatives balances out my health and fitness, provides me with an incredible jiu-jitsu family to train with and the self-defense is totally legit. This stuff really works! The studio owner is a master mixed-martial arts instructor who teaches real self defense to everyone, from kids to adults, in a friendly and safe environment. I've recommended this studio to many of my friends, and I recommend it to you too!" — Grant Deane "We most definitely recommend Gracie Jiu-Jitsu La Jolla. It's a wonderful model for the children. Our son has learned how to be Bullyproof and we cannot stress enough how much this has helped our son at school and his overall self-confidence. This is what our son says about Master Becker: "Best instructor ever because he always knows what a student needs to know to become better." — Helen Hirst "My daughters just completed their first summer camp and they loved it!Coincidentally it turned into an all girls camp and each day they couldn't wait to go!! Each of my girls earned a stripe towards their belts and I'm very proud of them! Professor Becker and the Becker family are really an awesome crew!! The man inspires my girls and he inspires me about my girls....love it when another adult teacher Inspires and Enhances my children's lives and Mr. Becker does just that!!It was the only camp my girls wanted to do this summer too, and I'm so very happy they loved it so much!!!" — Jeanine Ebert "We love Gracie Jiu Jitsu La Jolla! Both of our boys attend their classes and they fell empowered and have learned how to stand up to bullies. Thank you Gracie Jiu Jitsu La Jolla!" — Kristi Christensen "My husband and daughter do Jujitsu at Gracie Jiu-Jitsu on Eads St. They are 100% the best place for learning and practicing this gentle art. Dione and Matt are super professional, kind and incredible with kids. We just love it!" — Nahiel Caldwell ""We love that our whole family has joined Gracie Jiu-Jitsu La Jolla and have learned lifelong skills to feel protected and safer. Our 4 year old son has enjoyed practicing the "gentle art" and gets so excited before each class to learn more!" — Shenell Malloy "This is the best GracieJujitsu school you can find in all of San Diego!!!! have trained at other Gracie Jujitsu schools in Los Angeles and this school teaches all the technique, philosophy and mindset that the Gracie family prides themselves with. I am happy to say that this is definitely a school that takes pride in the quality that it teaches.Try it out! What's the worst they can happen?" — Alex Garcia "I've practiced mixed martial arts at many studios over the years and none compare to Gracie Jiu Jitsu La Jolla. The owners Matt and Dione are great family people and have created a wonderful environment of learning jiu jitsu at a high level. I was so impressed with Matt's ability to teach, I asked him to put a program together for my father-in-law who suffers from parkinson's. Matt did a lot of research and created an incredible program thats safe and has helped improve his mental and motor skills. I highly recommend Gracie Jiu Jitsu La Jolla. " — Steve Sillman "It doesn't get any better than this. Matt is a fantastic instructor, and my experience at Gracie Jiu Jitsu has been a phenomenal one. At this time, I have to step away from Gracie for a bit, however am already chomping at the bit to make sure I am ready to pick right bake up in the future! Thanks Matt for doing such a phenomenal job!" — Teag Carpenter "This place is for EVERYONE! Great for kids from toddlers to tweens, also great programs for women defense. I've been attending classes since last year, and I honestly feel as if I'm part of the family.A great student comes from a great teacher... Everyone has helped to sharpen each other, and the teachers work with you at your own pace.I recommend you check them out to see what I'm talking about." — Roy Levy "I could not a bigger fan of Gracie Jiu-Jitsu. Our 10-year-old son has been attending classes there for a few years. In addition to developing very good jiu-jitsu and self defense skills, his overall confidence and general fitness has skyrocketed. I've become a big advocate of jiu-jitsu as the martial art of choice for kids (boys and girls). In particular, its the one martial art that doesn't really focus on aggressive actions like punching and kicking (which seems less than ideal to teach a young kid). Rather, its more about grappling and control, leading to your opponent's (or a potential bully's) relatively peaceful "submission" (rather than having to beat him to a pulp :-).Most importantly, Master Becker is a fantastic influence. While I appreciate what he has taught our son about the sport, I most appreciate the positive and appropriate messages he continually imparts to the kids throughout each the class/session. Discipline. Respect. Responsibility. Accountability. He walks the walk, and is a great role model for the kids.Finally, Matt and Dione running a well-organized operation. While its mostly about our son's experience, its also important that they make it easy for the parents in terms of schedule flexibility, communication, customer support, etc. 5 stars all around!" — John Belmonte "Love Matt & Deon! My son takes classes and just had his 7th bday party there. They were great with the kids & fun was had by all. Matt is a very patient and knowledgeable instructor. Really positive messages and a friendly down to earth vibe. My son said, "that was an awesome bday" and we have thrown him some great parties in the past. Check this place out!" — Ami Wolf "This is the real deal - the La Jolla Academy of Martial Arts provides professional training in Soo Bahk Do and Gracie Ju Jitsu. Matthew Becker is an expert in his field, and is diligent about passing on his high standards to his pupils. And the best part? He makes it fun for the kids!SM from LJ!" — Sandra Munson "Great people, great instructors, respectful and fun atmosphere, good learning pace, the best way to reach street readiness for any up close and personal encounter with the bigger/stronger kind. I highly recommend this studio for all your Gracie JJ needs and to get prepared to defend yourself and your family/friends in a worst case scenario. " — Logan Fairfax "Gracie Jiu-Jitsu is the best after-school activity I've ever found for my six-year-old son. The Bullyproof Program is teaching him to stand up for himself and also to respect others. Since he started the program, I've noticed a change in his overall attitude and an increase in his confidence. He also happily completes chores around the house without even being prompted because he's so motivated to earn points for Gracie Game Day! Matt and Dione are both amazing instructors and absolutely wonderful people. My son even insisted on cutting his hair short so he could be as cool as Matt! Gracie Jiu-Jitsu feels like home and we are always greeted with smiles and sometimes doggie kisses from Dione's chihuahua. Matt and Dione really CARE about my son and they are clearly motivated by a desire to help others. My only complaint is that they don't have a class for my son on Friday because he wants to go every single day of the week!! We LOVE Gracie Jiu-Jitsu....I think every kid should be enrolled in the Bullyproof Program considering the rampant bullying going on in our schools today. My son handles conflicts with others by first using his WORDS....but I know that he can physically defend himself if he has to. I love that the goal is to not only stop the bullying, but to try to become friends with the person doing the bullying. It's an amazing program and I cannot say enough positive things about it!!!!!" — Angela Davenport "Those interested in training Jiu-Jitsu need look no further. I have been training with Matt Becker for two years now. The first year was dedicated primarily to the Gracie "combatives" course. This course deals with situations that may arise in public with aggressive or intoxicated people. I have found this curriculum to worth it's weight in gold for dealing with "street" situations. After demonstrating my proficiency in the "combatives" techniques I was awarded a blue belt. The second year I was promoted into the "Master Cycle" curriculum. The techniques in this course are the natural expansion of the "combatives" course. In the "Master Cycle" we are able to focus on a much deeper understanding of the techniques while we continue to get a balanced workout through spirited, but controlled sparring.Cleanliness is paramount in the studio and all students are required to wear a fresh laundered "Gi" to every class. Hygiene is taken very seriously by the students. This results in a pleasant experience to all.Many thanks to Matt for his dedication as an instructor. He is fully committed to the art Of Jiu-Jitsu. Many thanks to the students as well. After two years training here, I highly recommend the La Jolla Martial Arts Academy." — Terry Upton "This is so important for our kids. I worry parents are not aware what is going on out there. It's not what we see from day today, because once our kids get in middle school our involvement is less at school. Strangely, when I volunteered at our middle school, I (as an adult) was shoved around by some kids, so I couldn't imagine what the kids were going through. I'm passionate about this topic and I hope Parents become aware of what's going on at our schools. The only way to help our kids is to give them the proper tools for handling conflict. We've had our son training with Matt Becker for 10 years! If you'd like to see a demo, just give them a call!!! It's serious, but it's fun. It's necessary, but it comes with integrity and honesty of action. Gracie Jiu-Jitsu La Jolla is well-rounded and healthy!" — Neva Sullaway "This is a fantastic place to Gracie Jiu-Jitsu. Let me take a few minutes to describe what sort of training to expect (it may or may not be what you are looking for), and why I think this place is so good. The jujitsu taught here is geared towards self-defense first, as opposed to competition. I went to literally 6 different jujitsu schools, looking for one that focused on self-defense. And none did. They will all TELL YOU that what they teach is useful for self-defense, but that's because they want you to sign up. Almost every place, though really cares about competitions. This is important, because the sort of jujitsu techniques and training that work well for competitions don't work well for street self-defense, and vice versa. And don't be fooled into thinking that the only problem is the gi and so if you train no gi you are doing self-defense ready stuff. You aren't. The tactics and techniques are very different. If your goal is to train for competitions, then this may not be the best place for you. But if your goal is to train for self-defense, then it is an excellent choice. Aside from the fact that the training is geared towards self-defense, this place is great for several other reasons. First, the training is structured. There is a clear curriculum for the first belt (blue), and all the classes for that belt follow a rotating sequence. Each class is stand-alone, meaning that no matter when you start, your first class will make sense. This isn't the case in most schools. Those that train for competitions are usually gearing their training for people who already know what they are doing, and if you are new, you are just lost. I visited one place where the class I watched (and would have been my first class) was some crazy mount escape where you lift your feet underneath the armpits of the person mounted on you, and you push them up and forward as you do a back roll, and they end up face down with you on top in reverse mount. (If that made no sense to you, take my word for it, it's not the sort of thing you want to be trying on your first bijj lesson. That's the take home message.) At Gracie Jujitsu La Jolla all the beginning classes make sense, are stand alone, and are doable by anyone, regardless of athletic ability.Also, the people here are really friendly and supportive and cool. There is zero macho attitude, nobody is being agro to establish themselves as a badass, or any crap like that. The training is serious, but everyone is supportive and friendly. This also means that the training is safe. The goal of people who have been here a while is to help the people who are new, not to submit them or overpower them or use them fodder for tournament preparation.And it all starts with Matt, the head instructor. He's very clear, very supportive, and has no arrogance or attitude. And he's got a great sense of humor as well. The attitude of everyone at the school is great, and it's because of the tone and example he sets.[FWIW, I've studied a number of martial arts, beginning in the early 1980s, and am currently an instructor in a different martial art.] — Rick Grush "Gracie Jujitsu in La Jolla is amazing. Matt and the program have made a tremendous difference in our son's life." — Cyndie Silbert "The Gracie Bullyproof program for kids is wonderful! Gracie Jiu-Jitsu was developed in part to permit a smaller person to defeat a larger person in a fight. While the children do learn how to physically defend themselves very well, they also learn how to first try to stop a bully before things progress by speaking directly and firmly to the bully and by telling adults about the situation. At La Jolla Academy of Martial Arts (LJAMA), aka Gracie Jiu-Jitsu La Jolla, my child has progressed amazingly in a short time and feels good about his jiu-jitsu skills. Instructor and owner Matt Becker is expert, diligent and serious, but the kids also have a great deal of fun in class. As a parent, I am glad that my child is learning an effective method of dealing with the bullies he may encounter. I highly recommend Matt Becker and LJAMA for its Gracie Jiu-jitsu program." — Kristen Armstrong "If you want to learn gracie jiu jitsu, this is the place to go, regardless of your sex, age, or experience!! have been training at Gracie jiu jitsu in la jolla for the past three years. As a former U.S. Army Ranger and Special Forces medical sgt. I spent years training with numerous instructors. However, I have never experienced a higher level of instruction then I have with Matt Becker! He is by far the best Graci Jiu Jitsu instructor in San Diego County, hands down.With my years of training, I have been taught and experimented with a variety of arts or forms of self defense. I was introduced to Gracie Jiu Jitsu in 1995 while in the Army, and found it was the most practical, realistic, and fundamentally sound fighting technique I had ever experienced. Upon leaving the military in 1998 I was disappointed I could not find a Gracie Jiu Jitsu certified instructor in San Diego. Although, there have been here a while is to help the people who are new, not to submit them or overpower them or use them fodder for tournament preparation.And it all starts with Matt, the head instructor. He's very clear, very supportive, and has no arrogance or attitude. And he's got a great sense of humor as well. 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