

BJJ is made easy following our 3-step program created by coaches who have produced some of the world's best BJJ athletes.

(We have over 400 locations all over America and 900 WORLDWIDE.)

Imagine striding into any room with unshakeable confidence, knowing that no one can even think of threatening you.

Knowing that if your family ever needed to be protected, you will be the one who they look at.

When you watch the likes of Charles Olivera or Brian Ortega, Do you think they train at some standard BJJ gym?

You need to choose the correct gym that has produced so much talent time and time again, so why not come to the best BJJ gym in Jefferson City and study under the coaches who have produced some of the best BJJ athletes in the world?

If you are going to dedicate yourself to a craft, why not master it with the elites?

Before I continue let me tell you, **What makes Gracie Barra BJJ the best in America?**

In a sport full of complex and intricate techniques, we succeeded in creating the most efficient way to move through the ranks and ensure peak performance.

From the student who has put their fresh white GI on for the first time or the experienced vet whose belt has merely become a piece of thread around their waist.

This method allows us to keep our environment safe, healthy, and supportive, both physically and mentally (*without any egotistical attitudes you may find elsewhere*).

The beautiful thing about BJJ is that it is a solo sport, but you will not find the comradery like you do on the mats anywhere else in the world.

So what is our secret, simple method?

We call it the Gracie Barra Program, and it has three simple stages that help you:

- Learn expert-level techniques.

- Improving your speed and reaction time
- The importance of smooth transitions and flow.
- Also, you will have the chance to compete in our BJJ competitions. (They are completely optional, of course.)
- **GB1.**

This BJJ fundamentals class can be thought of as Jiu-Jitsu for beginners. This course teaches the basics and principles of BJJ as well as the skills you need to grow personally in a Jiu-Jitsu lifestyle.

- **GB2.**

Take your BJJ training beyond the fundamentals and begin to hone the principles you need to succeed, such as discipline, respect, commitment, and leadership.

- **GB3.**

This program is designed to help students achieve Black Belt excellence. At this stage, a student will begin applying what they learn during their Jiu-Jitsu training to everyday life.

We understand that it can be extremely daunting for you, so start BJJ.

You feel vulnerable, out of place, and self-conscious.

The reason I know this is because every single person who starts BJJ feels the exact same way.

This is a testimonial from our Facebook page.

‘I’ve been training for over two years and met some great people while at GBJC. My son trains as well, has made some wonderful friends along the way, and looks forward to going to class every day.

I would recommend to anyone looking to train Brazilian jiu jitsu or add to other martial arts to get exercise, get in or stay in shape, find a fun hobby, or just try something new.

Glad to be part of the GB family!!!’

At Gracie Barra, we want to make the start as easy and comfortable as possible.

Try a class for **free**, and then you can decide if you want to continue training with us.

Check out the class timetable to find the right match for you.

We look forward to seeing you on the mats.