Brothers in Grappling

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Somerset West

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GoalOur goal is to share our love of these martial arts with as many people as possible – in a competitive, but safe, friendly and non-profit club environment. When we train, we train hard and encourage competitiveness – but we leave our egos at the door.FocusWe focus on the sport and competition aspects of grappling, where these combat sports are performed under a given set of rules. Our members include a number of regular and accomplished competition grapplers. Brothers in Grappling is not a self-defence club.AffiliationBrothers in Grappling is proudly affiliated with the Rio Grappling Club – an international martial arts team founded by Roberto Atalla. Our local head coach is Shaughn Vos. That being said, anybody, from any club or team, is welcome to join us on the mat.TimesWe train on a Monday, Tuesday, Thursday and Friday from 18:30 – 20:00 in Somerset West. On Wednesdays we train Judo, under sensei Jan Oliver, in Stellenbosch. On Saturday's we join open mat sessions at Crucifix Rio Grappling Club in Brackenfell.JoinAnybody is welcome to join us to train in Brazilian Jiu-Jitsu, Judo or No-Gi Submission Grappling. All we require from new members are the following: an open mind, competitive mind-set and friendly nature. Basically, just be cool.

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