



CHESAPEAKE TIDEWATER JIU-JITSU ACADEMY

(757) 237-1969 • WWW.TIDEWATERBJJ.COM



SUN	MON	TUES	WED	THURS	FRI	SAT
COMPETITION CLASS 2PM-4PM	KIDS BJJ BEGINNER 5PM-6PM	FUNDAMENTALS (GI) 4:30PM-6:00PM	KIDS BJJ BEGINNER 5PM-6PM	FUNDAMENTALS (NO GI) 4:30PM-6:00PM	KIDS BJJ BEGINNER 5PM-6PM	OPEN MAT/ SKILL WORK 10:30AM-12PM
	KIDS BJJ ADVANCED 6PM-7PM		KIDS BJJ ADVANCED 6PM-7PM		KIDS BJJ ADVANCED 6PM-7PM	
	FUNDAMENTALS (GI) 7PM-8:30PM		FUNDAMENTALS (GI) 7PM-8:30PM			
2 WEEK FREE TRIAL						ASK US ABOUT SPECIAL EVENTS

CLASSES FOR EVERY LEVEL, EVERY DAY • AGES 13+ WELCOME TO JOIN ADULT CLASSES • BEGINNERS WELCOME TO JOIN FUNDAMENTAL CLASSES.

FUNDAMENTALS BJJ ► Provides a solid foundation of Brazilian Jiu Jitsu technique and principles. Each class incorporates flow drills designed to help students internalize the fluid body mechanics behind the concepts they are learning. Teens 13-18 are welcome.

ADVANCED BJJ ► A more in-depth look at the principles and techniques that define Brazilian Jiu Jitsu with deep sequences of techniques and body awareness training. Situational attacks, transitions, escapes and strategies are explored, in addition to a strong emphasis on instinctual applications through live sparring.

OPEN MAT / SKILL WORK ► Free-range class allows hobbyists and competitors alike to engage in sparring, drilling, or technique refinements with our instructors. Open to all ages and skill levels.

KIDS BJJ ► Kids BJJ allows children, 5-12 years of age, to practice Jiu-Jitsu while forging discipline in a structured environment. We incorporate drills, competition tactics and live sparring while building technique and confidence.

KICKBOXING ► Explore this practical striking Martial Art that emphasizes techniques from Muay Thai, Western Boxing, and Japanese Kickboxing. Build your Kickboxing foundation and sharpen your stand-up game. This training modality focuses on punches, kicks, knees, elbows, clinch work, defense and counter techniques.