

# ROYLER GRACIE

## SEMINARS



### about royer...

Brother of Rickson & Royce Gracie

Son of the founder of Gracie Jiu-jitsu, Helio Gracie

Competed as a black-belt for 20 years

Only person to win the ADCC Submission Wrestling Championship 3 consecutive years

Won the ADCC more times than anyone else

Four-time World Jiu-jitsu Black Belt Champion (<67kg)

Co-author of *Brazilian Jiu-Jitsu: Theory and Practice* & *Brazilian Jiu-Jitsu Submission Grappling Techniques*.

**MARCH 5th**  
Friday 6:30-9:30pm

hosted JJ Performance Training Center  
100 Eureka Square Center, Pacifica, CA 94044  
650.642.1200 [info@jjperformancetraining.com](mailto:info@jjperformancetraining.com)

**MARCH 6th**  
Saturday 12 - 3pm

hosted by Rocha Jiu Jitsu  
3645 Grand Avenue, Oakland, CA 94610  
510.384.1010 [info@rochajji.com](mailto:info@rochajji.com)

**MARCH 7th**  
Sunday 11 - 2pm

hosted by Practical Martial Arts  
655 Del Ganado Road, San Rafael, CA 94903  
415.479.5899 [practicalmartialarts@yahoo.com](mailto:practicalmartialarts@yahoo.com)

**SIGN UP EARLY - Space is limited!**