



Monday
7:30 - 9:00 PM

Wednesday
7:30 - 9:00 PM

Sunday
11:30 AM to 1:00 PM

Starts July 19, 2009
\$100.00 per month
One-time start up fee: \$25



Ta'leef Collective and Heroes Martial Arts Present The Foundation of Brazilian Jiu Jitsu

Classes will provide students with the physical refinement and technical application of techniques that have made Brazilian Jiu Jitsu one of the most effective and fastest growing sports in the world today.

Heroes Martial Arts Head instructor and owner Alan "Gumby" Marques is a black belt under the legendary Ralph Gracie and is co-founder of OTM, one of the world's leading resources for MMA, BJJ and Submission Grappling. Assistant instructor Adisa Banjoko holds a blue belt in Brazilian Jiu Jitsu and has written about BJJ and MMA for more than a decade.

Instructor, Adisa Banjoko, will lead daily classes with two advanced classes led by Gumby twice a month. The inaugural class will be led by Gumby July 19th.

We're tough at Heroes Martial Arts, but you will have a real feeling of satisfaction after every class you've attended.

**Registration: <http://bjj.eventbrite.com> Email: info@taleefcollective.org
~ 43170 Osgood Road, Fremont, CA 94539 ~ website <http://spot2.be/taleef> ~**