

Adult and Kids Brazilian Jiu-Jitsu Training in Fountain Valley

David Mocerri March 30, 2013



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Fountain Valley's top martial arts academy is offering adult and kids Brazilian Jiu-Jitsu along with self defense classes for men and women. No matter what your experience or goals are, the instructors here will help you meet them.

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Practical, reliable and affordable self defense classes are now being offered in Fountain Valley. For those in Orange County

looking to sign up for martial arts lessons, a great school with talented instructors is here to help you out.

ACE Jiu-Jitsu is offering a wide range of diverse martial arts classes. Whether you wish to learn stand up self-defense or you want to learn the basics of ground grappling, there are classes to help you achieve your goals in fun and exciting environment. The head of the school is Marcus "Bucheche" Almeida, a Brazilian Jiu-Jitsu World Champion and highly skilled trainer and coach. He, along with his talented assistant instructors are there to develop members to their fullest potential.

Perfect for Kids, Adults, Men, and Women

Whether you are interested in adult boxing or [kids Brazilian Jiu-Jitsu](#) and Judo, there are classes tailored for you. Classes for men and women are available. Women, in particular, will find the classes designed for them ensure they get the most benefit out of their sessions.

Sport and Self Defense Classes are Offered

For those interested in competing, classes are offered in MMA, Brazilian Jiu-Jitsu, Boxing, Muay Thai Kickboxing, Wrestling, and Judo. There are many different amateur and pro circuits on can compete in and these classes can help you down that path.

Are you interested in [self defense classes](#)? All of the previously mentioned programs can provide the perfect basis for gaining the skills required to defend yourself in a serious situation. The self defense classes offered at the school are tailored to deal with stand up and ground aggression and that many environmental factors into consideration. In other words, the classes infuse a healthy dose of reality into your self defense training.

Great for Health and Fitness

The martial arts certainly are not all about fighting. The programs also offered stress healthy and fitness. For those looking for a good workout, the kickboxing, MMA, boxing and kids Brazilian Jiu-Jitsu classes will all be able to give you the workout you want. The training environment is a fun one and, like most people, you will find your new hobby leads to a number of positive lifestyle changes.

Why Wait?

Call the school today to set up a visit. Brazilian Jiu-Jitsu and the martial lifestyle have greatly changed people's lives for the better. Taking advantage of the fitness, sports, kids Brazilian Jiu-Jitsu, and self defense classes offered here definitely can help you experience the same benefits.

ACE Jiu-Jitsu

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