



NEW INSTRUCTOR!!

We said good-bye to Alex in April, but he enjoyed it so much, I'm sure he'll be back for more of South Africa! We are very grateful for everything that he has taught us and we are proud to know that he won his MMA fight on May 15th. Way to go Alex!

Since Alex left, Niel stepped in as interim instructor. I am very thankful to Niel for stepping up to this daunting task and performing it to the high standard that he does. Under Niel's capable instruction, we continue on the Gracie Barra curriculum and dissect the technicalities of every move.



I'm very excited to announce that Fayçal Cherigui is joining us at Gracie Barra Centurion in June! Fayçal hails from *Gracie Barra Paris, France*, where he achieved the rank of brown belt. Fayçal is a very experienced BJJ competitor with an excellent competition record. Please have a look at the *Instructors page* for more. Fayçal is well travelled and has even trained in Brazil. I am looking forward to this excellent opportunity for my students and me to learn from Fayçal.

Please join me in welcoming Fayçal to South Africa and to our academy.

I plan to run a series of mini-seminars while Fayçal is here, so we can learn from his wealth of experience – more communication to follow...

Changes in schedule

We are in the fortunate position to be closely associated with a very strong Judo club by virtue of training in the same facility. The owner and head coach of the Judo club has extended a very gracious invitation to Gracie Barra Centurion students to train with them on Mondays and Wednesdays – no additional charge!! Any BJJ competitor who has attended a competition so far will tell you that one of the most intimidating aspects of tournaments is competing from the stand-up position.

There is no better way to train takedowns for BJJ than with Judo. Judo gives a BJJ practitioner that perfect balance between take-down techniques and conditioning (your body's ability to absorb a throw). Therefore, I have decided to make full use of this golden opportunity.

I am adding the Judo class on **Mondays** and **Wednesdays** from **18h00 to 20h00**, and moving the BJJ class 20h00. [Click here](#) for our new schedule on the Schedule page.

Competition team



A number of students have indicated that they are interested to prepare for competing in BJJ/grappling tournaments. We are a very young academy and I want to adopt the right strategy to prepare the students to enter and compete in these events. I invite all students and prospective students that are interested to attend a short meeting after training on **Saturday, 5th June** to discuss this.

Community

Lester Bartres Vs Alex Morono



Well done to Alex for winning his fight on May 15th! We wish him all the best for his future fights this year and will keep you posted on his progress!

If you have any Gracie Barra news or MMA events you want to share with us, please drop Nicky an email and share it with our community!