

# PURSUIT

PERFORMANCE CENTRE

**MORLEY**

PH: (08) 9276 8166  
9/222 WALTER ROAD, MORLEY, WA

# BRAZILIAN JIU JITSU

SCAN ME



ONE CLASS PASS  
WWW.PURSUITMUAYTHAI.COM

MON	TUE	WED	THU	FRI	SAT
<b>ALL LEVELS</b> 9:15AM - 10:15AM	<b>FOUNDATIONS</b> ALL BELTS 9:15AM - 10:15AM		<b>FOUNDATIONS</b> ALL BELTS 9:15AM - 10:15AM	<b>ALL LEVELS</b> 9:15AM - 10:15AM	<b>ALL LEVELS</b> 8:30AM - 9:30AM
AGES 4 TO 9 <b>MINI BJJ</b> 4:00PM - 4:45PM	AGES 4 TO 9 <b>MINI BJJ</b> 4:00PM - 4:45PM	AGES 4 TO 9 <b>MINI BJJ</b> 4:00PM - 4:45PM	AGES 4 TO 9 <b>MINI BJJ</b> 4:00PM - 4:45PM		
AGES 10+ <b>JUNIOR BJJ</b> 4:45PM - 5:30PM	AGES 10+ <b>JUNIOR BJJ</b> 4:45PM - 5:30PM	AGES 10+ <b>JUNIOR BJJ</b> 4:45PM - 5:30PM	AGES 10+ <b>JUNIOR BJJ</b> 4:45PM - 5:30PM		
<b>FOUNDATIONS</b> ALL BELTS 5:30PM - 6:30PM	<b>ALL LEVELS</b> 5:30PM-6:30PM	<b>FOUNDATIONS</b> ALL BELTS 5:30PM - 6:30PM	<b>ALL LEVELS</b> 5:30PM-6:30PM	<b>FOUNDATIONS</b> ALL BELTS 5:30PM - 6:30PM	
<b>ALL LEVELS</b> 6:30PM - 7:30PM	<b>FOUNDATIONS</b> ALL BELTS 6:30PM -7:45PM	<b>ALL LEVELS / OPEN MAT</b> 6:30PM - 8.00PM	<b>FOUNDATIONS</b> ALL BELTS 6:30PM -7:45PM		

# PURSUIT

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@PURSUIT MUAY THAI MORLEY

@PURSUIT MUAY THAI AUSTRALIA

**BRAZILLIAN**  
**JIU JITSU**

## ALL LEVELS /OPEN MAT

FOR MEMBERS WHO HAVE DEMONSTRATED PROFICIENCY AND PROGRESSED TO A 2-STRIPE WHITE BELT\* AND ABOVE IN THEIR BJJ JOURNEY,

THIS CLASS ALSO INCLUDES SUPERVISED ROLLING SESSIONS. THIS IS AN OPPORTUNITY TO SAFELY APPLY YOUR LEARNED TECHNIQUES IN A CONTROLLED SETTING, FURTHER DEVELOPING YOUR TIMING, REFLEXES, AND MAT AWARENESS UNDER THE GUIDANCE OF OUR QUALIFIED INSTRUCTORS.

## ALL LEVELS

THIS CLASS SUITS ALL FITNESS & SKILL LEVELS! BRAZILIAN JIU-JITSU NOT ONLY BUILDS PHYSICAL FITNESS, IT TOUGHENS YOUR MIND AS WELL - INSTILLING CONFIDENCE, DISCIPLINE AND CULTIVATING COURAGE, HUMILITY, AND THE WARRIOR SPIRIT.

LEARN TECHNIQUES FROM ALL BELT LEVELS AND EVEN SOME OF OUR COACHES' FAVORITES.

THIS CLASS IS OPEN TO ALL MEMBERS, BEGINNER TO ADVANCED.



**Timetable Update Coming Soon!**



In the coming week,  
we will be updating our timetable  
to include dedicated  
Gi and No-Gi BJJ classes.

keep an eye out  
for the  
GI and NO GI additions soon!

## FOUNDATIONS

LEARN THE FOUNDATIONAL TECHNIQUES & SKILLS OF BRAZILIAN JIU-JITSU

BUILD A SOLID FOUNDATION TO CONTINUE TO PROGRESS!

THIS CLASS IS OPEN TO ALL MEMBERS WHETHER NEW TO BJJ OR WANTING TO FURTHER DEVELOP YOUR FOUNDATIONAL SKILLS

## AGES 10+ JUNIOR JIU-JITSU

OUR CLASS FOR THE BIGGER KIDS AGED 10 AND OVER! OUR JUNIORS BUILD THEIR SKILLS AND GAIN CONFIDENCE WHILST PROGRESSING THROUGH OUR JUNIOR BELT LEVELS :GREY, YELLOW, ORANGE, & GREEN!

ALL JUNIORS START AT WHITE BELT. GRADINGS ARE ALL INCLUDED SO WHEN THEY ARE READY THEY CAN TEST WHAT THEY'VE LEARNT & KEEP FOCUSED ON WHAT TO ACCOMPLISH NEXT!

## AGES 4 TO 9 MINI JIU-JITSU

THE PERFECT CLASS FOR CHILDREN WHO ARE KEEN TO LEARN BUT ARE TOO YOUNG TO JOIN THE BIG LEAGUES!

OUR MINI CLASSES TEACH CONFIDENCE, SELF-DISCIPLINE AND THE BASICS OF BRAZILIAN JIU-JITSU WITH AN ADJUSTED CURRICULUM TO KEEP THINGS FUN AND ENGAGING!

OUR MINI CLASSES GET THEM STARTED ON THEIR JOURNEY FOR THE LOVE OF BJJ!