

EXCEL JIU JITSU MMA & FITNESS

UPCOMING EVENTS

MAY – JUNE 2024

**This Newsletter is not set in stone. Make sure to check revisions often, as All events are subject to change*

May Events:

- May 1 & 8 ► Wednesday's; Adults Competition Team Gi Training Continues; 6:15-7:10pm
DRILL TO WIN WORKOUTS = 2 more sessions. *NO Charge Members.
- May 2 ► Thursdays; May SPECIALIZED TRAINING BEGINS; Each Thurs = 6:15-7:10pm
'KIMURA CITY' = 5 sessions. *NO Charge Members; Jr KiDS need Permission
- May 15 ► Wed; Adults In-House Jiu Jitsu Competition 6:15 - 8pm \$25
*Sign up early! Teammate vs teammate. Best 2 out of 3. In case of a tie = 1 min OT.
- May 18 ► Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am
*See Front Desk for Kids testing fees.
- May 18 ► Sat; BJJ Workshop; Closed Guard Attacks 12 - 2pm; Adults + Jr Kids; \$25
- May 25 ► Sat; Jiu Jitsu World League 'WORLDS' Jiu Jitsu Tournament; Adults; Los Angeles
www.jjworldleague.com
- May 26 ► Sun; Jiu Jitsu World League 'WORLDS' Jiu Jitsu Tournament; KiDS; Los Angeles
www.jjworldleague.com
- May 27 ► Mon; NO Group Classes: Open Mat Sessions 9 -11am & 5-6:30pm
Memorial Day Holiday

June Events:

- June 1 ► Sat; KiDS In-House Tournament
\$40 Sign up at door, Day of the Event = Juniors & Tiny Tuff
\$30 Juniors & \$25 Tiny Tuff when you register After May 16 up to May 31st
*Early Bird registration ends Thurs May 16th for best price. See Prof Kidd.
- June 8 ► Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am
*See Front Desk for Kids testing fees.
- June 8 ► Sat; BJJ Workshop; Back Attacks 12 - 2pm; Adults + Jr Kids; \$25
- June 9 ► Sun; Excel Family Beach Day; 11am - Sunset; Oceanside Harbor, ✓
North Jetty Beach near Tower 14-16. *Potluck. Bring something to share.
*Family Day . ** DO NOT DROP OFF KIDS. NOT A DROP OFF EVENT.
- June 22 ► Sat; DREAM KiDS Jiu Jitsu Tournament; Fullerton
www.dreambjj.com
- June 23 ► Sun; Prof Eric Seminar; Tactical Martial Arts 12 -2pm; Adults + Jr Kids; \$35.
*Enroll: Contact Prof Eric 619-316-1900 | email: firearm.tactical.precision@gmail.com.
- June 29 ► Sat; IBJJF KiDS American National Jiu Jitsu Tournament; Las Vegas www.ibjjf.com



KiDS Martial Arts Summer Camp: Mon-Fri July 15-19th;

***See Front Desk for Pricing & Registration.**

