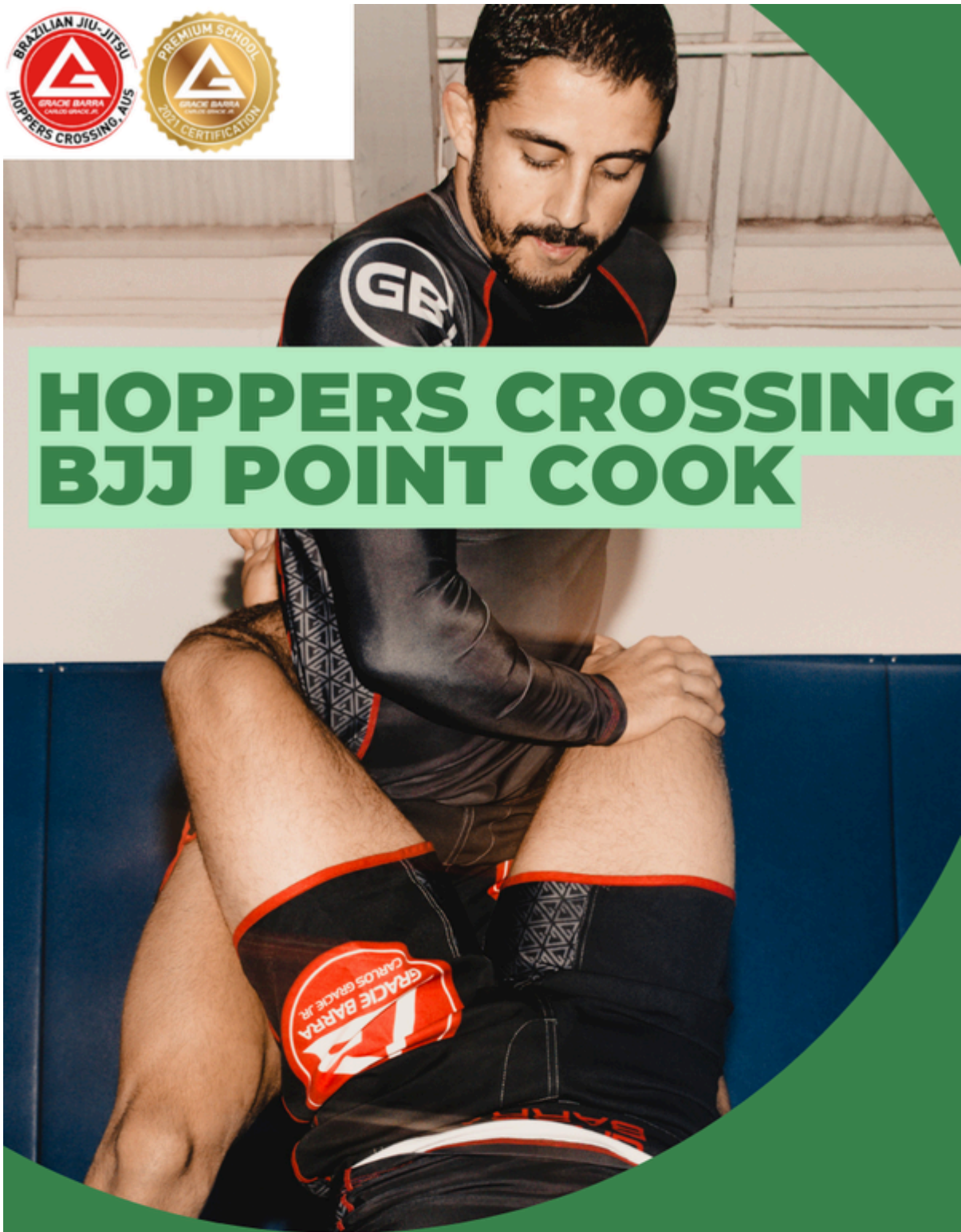




Hoppers crossing bjj point cook



HOPPERS CROSSING BJJ POINT COOK

**What are the principal qualities
of a great fighter?**

Can someone master Brazilian Jiu-Jitsu?

The Gracie Barra Black Belt Program is the last stage in GB's adult program structure.

FUNDAMENTALS PROGRAM

The GB Brazilian Jiu Jitsu Program teaches the best self defence skills and also the students will experience a deeper involvement in GB's philosophy,

Gi pros and cons

The gi might help build better defensive skills because increased friction and grips make it more difficult.

[www.gbhopperscrossing.com.au/](https://gbhopperscrossing.com.au/)

We provide Brazilian gracie jiu Jitsu bjj, mixed martial arts and mma training in hoppers crossing point cook Melbourne for self defence. Visit <https://gbhopperscrossing.com.au/> us here.