

Brazilian Jiu Jitsu Lakewood

Location **Ohio**
<https://www.genclassifieds.com/x-381261-z>



Interested in self-defense? Want to learn more about Brazilian Jiu Jitsu? Training for an event or mixed martial arts competition? Our training can meet your needs for any of these and more. We offer private and small group lessons for affordable rates. Any skill level or age welcome! Training in Brazilian Jiu Jitsu can increase your confidence, self-awareness, physical fitness level, and ability to stay safe. Learn a skill you can teach your loved ones! First lesson free!

We also partner with a counseling practice to offer bullying prevention seminars and groups and self-esteem building workshops. Please email for more information or to set up a.



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