

## "Notícias da Semana" This week at Da Firma Training Center

"Jiu Jitsu is easy, it just people who make it hard" Roger Gracie

Welcome to our first attempt at a blog!

## Promotions at DTC, January 13, 2017

Our students have been working hard at DTC, and several of members of the youth team members earned the right to test for their Gray and White belts. Each of the students successfully passed the to hour long test and proved that they have mastered the techniques and skills to wear the second belt for their age group. Congratulations to Scott, Victoria, Idalia and Trevor!



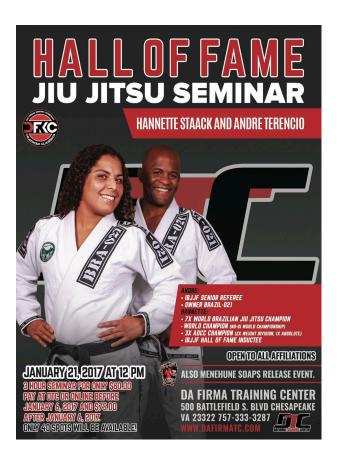
Thank you to all of the adults who helped to make this belt testing possible

A huge Seminar this week with Andre and Hannette

## Hall of Fame Seminar

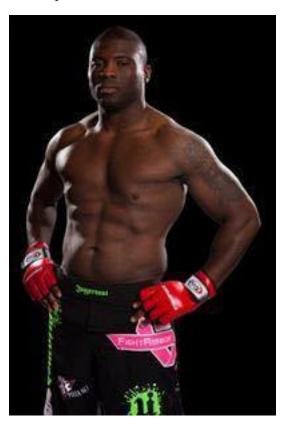
This one is going to be awesome, Two Legends of Brazilian Jiu Jitsu will visit Da Firma Training Center on January 21, 2017.

We are very excited to announce that two absolute legends of Brazilian Jiu Jitsu, Hannette Staack and Andre Terencio we'll be at Da Firma Training Center for a once in a lifetime seminar January 21, 2017 at 12 pm. Hannette is a multiple time world champion and IBJJF Hall of Fame Inductee and Andre is not only one on the top professors in the world but also on the senior referees for the IBJJF! This will be a 3 hour seminar for only \$60.00 in at DTC or online before January 13 and \$75.00 after. Only 40 spots will be available! Pay online here: https://dafirmatc.sites.zenplanner.com/retail-product.cfm?productId=BDB88049-1948-4916-AC77-50CF25E2F6EB



Learn self defense and get in shape at Da
Firma Training
Center

Coach Antwain Britt, a UFC and Strike Force Veteran, unbeaten Professional Boxer, and Certified Personal Trainer has joined the DTC staff as our head kickboxing coach. The program has taken off like a rocket. Classes meet Monday and Wednesday at 7:30 pm. This is a calorie burning, cardiovascular, total body workout. This program may be taken as an add on to the BJJ program or as a standalone class. For more information contact us at 757-333-3287, <a href="mailto:info@dafirmatc.com">info@dafirmatc.com</a> or just stop in to see us. 500 Battlefield S. BLVD Chesapeake VA, 23322



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