

EXCEL JIU JITSU MMA & FITNESS

UPCOMING EVENTS AUGUST – SEPTEMBER 2024

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

August Events:

August 1 ► **Thursday's; Aug SPECIALIZED TRAINING BEGINS; Each Thurs = 6:15-7:10pm NO-Gi 'Armlock City!' = 5 sessions. *NO Charge Members; Jr KiDS need Permission**

August 2 ► **Friday's; KiDS' Competitor Camp begins Every Friday 4-5pm. 7 sessions, High Level training for the serious athlete. *See Front Desk for pricing.**

August 3 ► **Sat; DREAM KiDS Jiu Jitsu Tournament; Fullerton**
www.dreambjj.com

August 5 & 6 ► **Mon & Tues; KiDS End-of-Summer 2 Day Camp! 9:30am-1:30pm M & T;**
➔ **Camp is open to the public, bring some friends! *See Front Desk for pricing**
Email: info@exceljiujitsu.com for more info, check discounts, or to sign up

August 10 ► **Sat; NABJJF Jiu Jitsu Tournament for KiDS & Adults; Norwalk**
www.nabjjf.com

August 24 ► **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**
***See Front Desk for Kids testing fees.**

August 24 ► **Sat; BJJ Workshop; Guard Retention 12 - 2pm; Adults + Jr Kids; \$25**

August 31 ► **Sat; IBJJF Jiu Jitsu Con International KiDS Jiu Jitsu Tournament; Las Vegas, Nevada**
www.ibjjf.com

September Events:

September 2 ► **Mon; NO Group Classes: Open Mat Sessions 9 -11am & 5-6:30pm.**
Labor Day Holiday

September 6 ► **Friday's; KiDS' Competitor Camp Continues Friday 4-5pm.**
2 more sessions left *See Front Desk for pricing.

September 8 ► **Sun; Combat Jiu Jitsu Event San Diego Prof Djavan Competing**
Hardrock Hotel San Diego *Tickets: Contact Prof Djavan.

September 14 ► **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 Aug 29 up to Sep 13th**
***Early Bird registration ends Thurs Aug 29th for best price. See Prof Kidd.**

September 21 ► **Sat; NAGA Jiu Jitsu Tournament; Adults + Kids; San Diego**
www.nagafighter.com

September 28 ► **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**
***See Front Desk for Kids testing fees.**

September 28 ► **Sat; BJJ Workshop; Submission Escapes 12 - 2pm; Adults + Jr Kids; \$25**