"Based on the teachings of Japanese judoka Mitsuyo Maeda, Brazilian Jiu-Jitsu was primarily developed in the early 20th Century by the Gracie family. Focusing on ground fighting rather than striking, Brazilian Jiu-Jitsu focuses on taking fights to the ground and working from there to various jointlocks and chokeholds. Today, Brazilian Jiu-Jitsu has grown into one of the world's most popular martial arts, and its effectiveness in organizations such as the Ultimate Fighting Championship have proven it to be one of the most effective fighting styles for one on one combat. Our club focuses on Jiu-Jitsu for sport, and is open to all, regardless of experience."

CLUB DUES
N/A

CLUB MEMBERSHIP
All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

UW extension, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program. Branch campus students are eligible with IMA membership.

MEMBERSHIP WAIVER CARD
All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3rd floor of the IMA.

CLUB PRACTICES:
Dates: Fall/Winter/Spring Quarters
Days: Monday/Wednesday & Sunday
Times: 9:00-10:30 pm (M/W) & 5:00-8:30 pm (Sun)
Location: IMA Mat Room B

INSURANCE
The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. For information on the University of Washington's Student Health Insurance Plans: http://depts.washington.edu/ovpsl/insurance/index.shtml.

FOR MORE INFORMATION
Club Representative:
Alex Zhou: alexzhou1@hotmail.com

Club Email:
uwbjj@uw.edu

Club Website:

Club Sports Coordinator:
Chris Delaune
206-543-9499
delaune@uw.edu

IMA Homepage:
http://depts.washington.edu/ima