

Brazilian Jiu Jitsu Classes starting June 4th, 2010

What is Brazilian Jiu Jitsu?

Brazilian Jiu-Jitsu emphasizes taking an opponent to the ground and utilizing ground fighting techniques and submission holds involving joint-locks and chokes. The premise is that the advantage of a larger, stronger opponent comes from superior reach and more powerful strikes, both of which are negated when grappling on the ground.

BJJ permits a wide variety of techniques to take the fight to the ground. Once on the ground, a number of maneuvers are available to manipulate the opponent into a suitable position for the application of a submission technique. Achieving a dominant position on the ground is one of the hallmarks of the BJJ style, and includes effective use of the guard position to defend oneself from bottom, and passing the guard to dominate from top position with side control, mount, and back mount positions. This system of maneuvering and manipulation can be likened to **a form of kinetic chess** when utilized by two experienced practitioners. A submission hold is the equivalent of checkmate in the sport.

When are the Classes?

Friday 6:00-7:30pm (Adult) GI
Saturday 12:00-1:30pm (Kids) / 2:00-3:30pm (Adult) NoGI / 4:00-5:30pm (Adult) GI
Sunday 12:00-1:30pm (Kids) / 2:00-3:30pm (Adult) GI / 4:00-5:30pm (Adult) NoGI

These classes will be taught by Ryan Hyde. Who is Ryan Hyde?



Ryan is first a husband and father. He is a Rockford resident, full-time employee of Vander Hyde Mechanical Inc., and Brazilian Jiu Jitsu Practitioner.

Ryan has been training in the art of Brazilian Jiu Jitsu, 4 to 5 times a week for over six years and currently holds the rank of 2-Stripe Purple Belt in the lineage of Brazilian Jiu Jitsu Black Belt, Jorge Gurgel. Ryan has trained with numerous BJJ Black Belts, BJJ World Champions, and Pro MMA Fighters such as; Jorge Gurgel, Carlson Gracie Jr., Hermes Franca, Robson Moura, Roberto Tozi, Rich Franklin, Dustin Hazelett, Jon Stutzman, and Frenando Neto, to name a few. Ryan has earned numerous NAGA awards, Michigan Open Awards, Arnold's Classic Awards and various other Grappling Tournament Awards; in 2007 Ryan Hyde was ranked 3rd in the Nation in a GI for men 30+ by the Ranked Organization & Published by Gladiator Magazine.

It is Ryan's hope to share BJJ with everyone that has an interest. By focusing on humility, respect, perseverance, and compassion, it is Ryan's intention to not only share BJJ but in that process also contribute to helping build healthy lifestyles.