## LEARN THE ART OF JIU JITSU

ELEMENS



### ELEMENTS JIU JITSU ACADEMY

Elements JJ is a revolutionary brand of quality to enter the martial arts scene, providing Bahrain with an international level of Jiu jitsu coaching in an environment that is productive, inclusive and fun. Under IBJJF World Champion Coach Ali Monfaradi, we bring a safe and systematic approach to your Jiu jitsu journey.

Our goal is to build a community that benefits from both the physical and mental advantages of practicing Jiu jitsu.



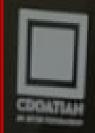
### TRAIN WITH THE BEST

Our team of coaches are competing athletes who are medalists on international Jiu jitsu stages at the most prestigious and high level competitions around the world. Head coach Ali Monfaradi trained at the Alliance Academy in Brazil for 5 years and brings his expertise to Bahrain through the Elements Jiu jitsu specialised programs. In recent years, Coach Ali has won prestigious UAEJJF Award for best Asian jiu jitsu athlete two years in a row. His other achievements include winning the JJIF World and Asian championships in 2021.



AbaDhabi AJPm

RJPm HEP











### WORLD CLASS SYSTEM

The Elements Jiu Jitsu Programs are systematic, where each student will receive their upgrade in rank, on the very day they've earned it. Depending on your level, you will have access to different Jiu Jitsu classes that may earn you "points" on your attendance card, and every time you reach a milestone of classes, you get a promotion. As you progress through the ranks, the required amount of classes will increase more and more.



## JIU JITSU FOR KIDS

Our Elements Jiu Jitsu Kids Program is specially designed to provide children with the benefits of martial arts. Kids will enjoy increased activity, coordination, confidence, and self defense skills in a fun and family friendly environment.

Using Jiu jitsu as a tool for team building and community growth is at the heart of our programs. The classes are headed by 2 to 3 coaches at a time to ensure the Elements Kids receive sufficient coaching during their Jiu jitsu sessions.

### PROGRAMS

### Kids Foundation

3 years old to 5 years old

### <u>Kids 1</u>

5 years old to 8 years old

### <u>Fundamentals</u>

Introduction to Jiu jitsu for adults

### <u>Advanced</u>

Developed for advanced practitioners (Entry is white belt with 2 stripes and above)

### <u>Kids 2</u>

### 8 years old to 14 years old

### <u>Elite</u>

Developed for competing practitioners and athletes (Entry is blue belt and above)

### ELEMENTS JIU JITSU COMMUNITY

#### OVER

#### ESTABLISHED IN

## 2019



ELEME

#### RANKED

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ACADEMY BY AJP 3 YEARS IN A ROW

### IN THE PRESS

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#### GDN

#### Monfaradi aims for new heights Other Sports

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### GDN ≡ Monfaradi steals the show in Rome Other Sports By Adnan Sipra @ Mon 10 Oct 2022 OCTOBER 0 YEAR OF IAEJJ UAEL



### سموه يثني على عطاء علي منفردي في الرياضة البحرينية .. خالد بن حمد يفتتح صالة ايلمنتس

المنامة في 21 مايو/ بنا / افتتح سمو الشيخ خالد بن حمد آل خليفة النائب الأول لرئيس المجلس الأعلى للشباب والرياضة رئيس الهيئة العامة للرياضة رئيس اللجنة الأولمبية البحرينية، صالة ايلمنتس الرياضية.

وقد حضر الافتتاح سمو الشيخ سلمان بن محمد أل خليفة نائب رئيس الهيئة العامة للرياضة والرئيس التنفيذي للميئة العامة للرياضة د. عبدالرحمن صادق عسكر وعدد من المدعوين.







وكالة أنباء البحرين Bahrain News Agency

希 الرئيسية / الأخبار / الأخبار الرياضية / سموه يثني على عطاء علي منفردي ...

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ا پلای علی علقاء علی تشترنک بلی الزیادات البتان

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