

ELEMENTS JIU JITSU ACADEMY

LEARN THE ART OF JIU JITSU



LOCALS
ONLY,
LET'S
ROLL



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.

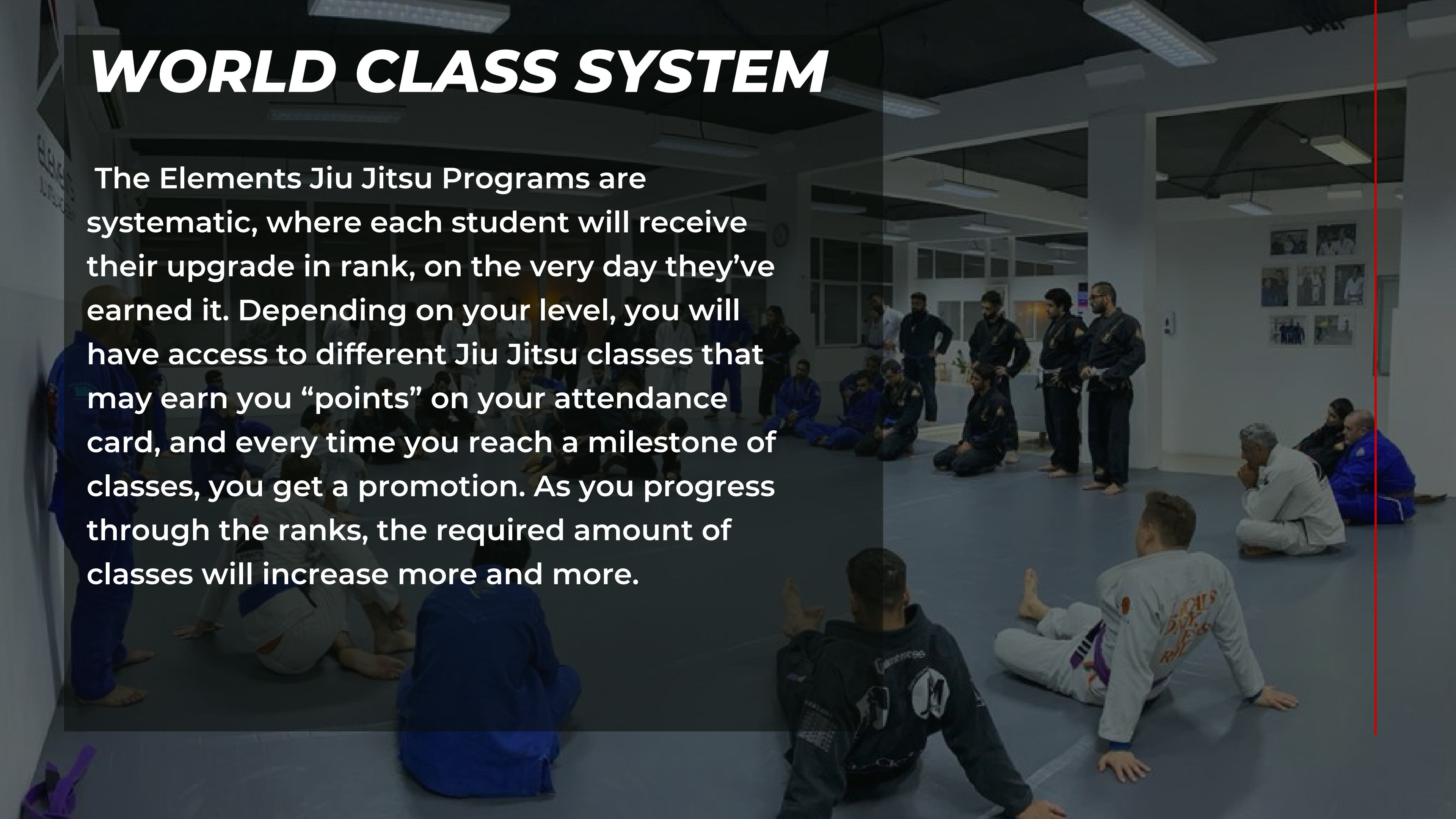
TRAIN WITH THE BEST

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.



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

Kids 1

5 years old to 8 years old

Kids 2

8 years old to 14 years old

Fundamentals

Introduction to Jiu jitsu
for adults

Advanced

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

Elite

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

ELEMENTS JIU JITSU COMMUNITY

ESTABLISHED IN

2019

OVER

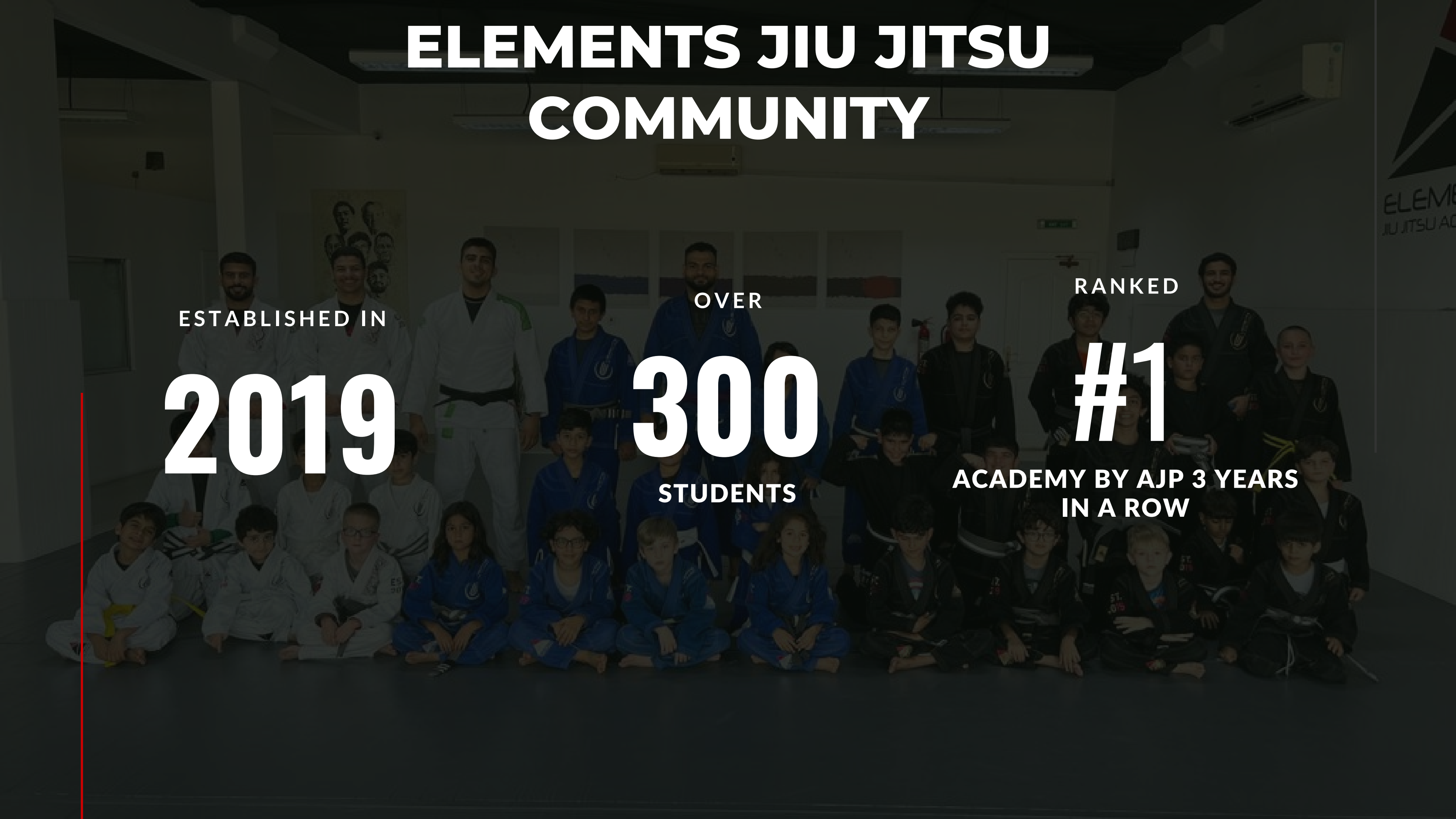
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STUDENTS

RANKED

#1

ACADEMY BY AJP 3 YEARS
IN A ROW



IN THE PRESS



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