

# ROYCE GRACIE JIU-JITSU

*Jiu-jitsu has done nothing but influence my life in a positive way. Its effectiveness is unquestionable and has been proven to work in real street situations.*

*Police Officer Justin Rundles*

We are proud to be a training association of the Royce Gracie Jiu-Jitsu Network. Following the fundamentals of founder Helio Gracie, you will learn attributes such as calmness under stress, strength, endurance, flexibility, and confidence. The Gracie family is a shining example of the effectiveness of this art through its success in the UFC, Pride, and contributions to military and law enforcement combatives. Whether you are looking for self-defense training, to get into shape, or both, the certified instructors at Three Rivers look forward to helping you meet your personal goals. Your belt rank will be assigned directly by Royce and Rodrigo Gracie through seminars conducted by them in Paducah. This rank is recognized worldwide.

**Jason Hawkins, Eli Knight,  
Brad Lynn, and Jared Jessup**

Owner and chief instructor of Three Rivers, Jason is a brown belt assistant instructor under Royce Gracie, as well as a certified instructor in G.R.A.C.I.E. law enforcement tactics. Eli is the senior supervising instructor, Legatus instructor of the Mixed Martial Arts program, and a brown belt and certified coach under Royce. Brad is a brown belt under Royce, Legatus MMA instructor, and a level-two army combatives instructor. Jared is a brown belt and certified G.R.A.C.I.E. law enforcement instructor under Royce, and a two-time national Gracie jiu-jitsu champion.



## SCHEDULE

Mondays  
7:00-8:00 pm

Tuesdays  
11:00 am-12:00 pm

Wednesdays  
7:00-8:00 pm

Fridays  
7:00-8:00 pm

Saturdays  
9:30-10:30 am

*Set up a group class  
with your friends to  
fit your schedule.  
Private lessons are  
also available.*

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## INTRODUCTORY SPECIAL \$25.00

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

## EQUIPMENT Uniforms starting at \$60.00

Order Atama or Century through Three Rivers to receive free shipping (restrictions apply). Not needed for intro session.

