



Advanced Jiu-Jitsu men with 2-4 years experience. Beginners classes every six weeks.

GRANT NOLAN IS A MULTI-SKILLED AND EXTREMELY SUCCESSFUL SPORTSMAN. AT 18 HE REPRESENTED IRELAND INTERNATIONALLY PLAYING RUGBY UNION. SINCE THEN GRANT HAS COMPETED AND TRAINED ATHLETES AT THE HIGHEST LEVEL OF NATIONAL AND INTERNATIONAL MARTIAL ART TOURNAMENTS. HIS PERSONAL MEDAL AND TROPHY COUNT OUTNUMBERS MANY ENTIRE SPORTS CLUBS.

LIVING THE JIU-JITSU LIFESTYLE

Grant's greatest passion is mixed martial arts (MMA) and Brazilian Jiu-Jitsu (BJJ) and sharing his experience, knowledge and skills of BJJ to all Territorians. Affiliated with Cia Paulista Australia BJJ, Grant opened Ludus House MMA in 2012 in Winnellie. Now he and his students regularly represent the Northern Territory in both national and international competitions. BJJ is best described as chess game moves on the ground, entailing intense focus and presence. Not only does BJJ teach you a martial art but it encourages you to have a mental discipline, an essential in modern day life whether at home, work or school. 'We're focused on team building, training techniques, over-all fitness and skill,' said Grant. 'People of all ages and skill level from children to grandparents can enjoy our range of courses and activities. The most popular is our six-week beginners program that provides the fundamental skills in Jiu-Jitsu.' Whether you're looking at BJJ for competition, free style, self-defense, mixed martial arts, losing weight, adopting a healthy lifestyle, or just for staying fit, Ludus House MMA is here to support you in reaching your goals.

Follow them on Facebook LudushouseMMA or come and see what we can offer you at Shed 8, 102 Coonawarra Road Winnellie NT. T: 0406 854 598
•Adult Classes Mon, Tue, Thur, Fri 5.30 to 8pm and Sat 3.30 to 6.30pm
•Children and Youth Classes: Wednesday 5.30pm and Saturday 2pm
•Private classes by appointment



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