



THE Neutral News

February 1, 2019

MESSAGE OF THE MONTH

"Let your obstacles become your fuel, then put on your gi & light a fire."



Register now for the Dallas Cup Jiu-Jitsu World League Tournament for both Adults & Youth!

EVENT DATE: 2/23/19

APPLICATION DEADLINE: 2/17/19

ADDRESS: NYTEX Sports Centre,
8851 Ice House Dr., N. Richland
Hills, TX

[Adult Gi Register Here](#)

[Adult No-Gi Register Here](#)

[Youth Register Here](#)

Prof. Evaldo is coming to Neutral Grounds!

Come learn some awesome Jiu-Jitsu techniques from Prof. Evaldo Lima, a Royce Gracie Black Belt and Prof. Matt's instructor, on Friday, February 22nd. Kids class starts at 5:00pm. Adults is at 6:00pm. Tickets are \$60 for adults and \$35 for



PRESENTS

**PROFESSOR
EVALDO LIMA
GRACIE JIU-JITSU
SEMINAR**

FRIDAY FEBRUARY 22

5:00pm KIDS (ages 4-13)
6:00pm ADULTS (ages 14+)

\$35 KIDS
\$60 ADULTS

RESERVE YOUR SPOT TODAY
SPACE IS LIMITED!

kids. Spaces are limited and fill up quickly, so RSVP now to reserve your spot! All levels are welcome to join!

SIGN UP!



You spoke and we listened...



BRINGS YOU

**WOMEN
& TEENS
5 WEEK
SELF-DEFENSE
TRAINING**

WITH PROFESSOR MATT,
COACH AARON & COACH BOBBY

SATURDAYS IN MARCH

8:15-9:15AM

**NO EXPERIENCE NECESSARY!
ALL AGES (13+) and FITNESS LEVELS WELCOME!**



only
\$99
for all 5
weeks!

FOR MORE INFO VISIT:
WWW.BJJTEXAS.COM

207 KING ROAD, #204
FRISCO, TX

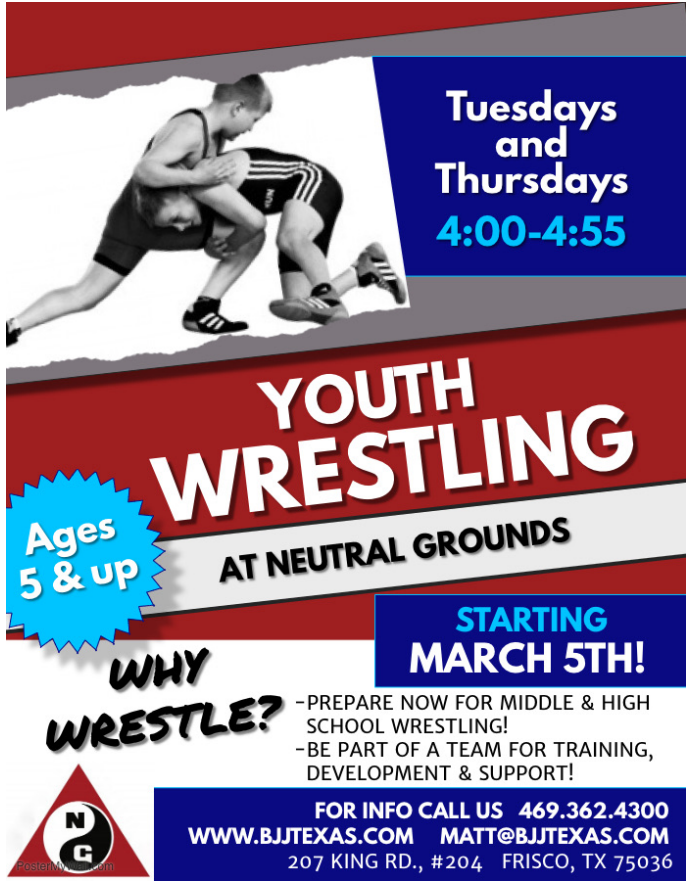
CALL: 469 - 362 - 4300

PosterMyWall.com

We're excited to have you join us for this 5 week Women & Teen Self-Defense Training seminar Saturday mornings in March! Come in athletic clothing and be ready to learn

simple, yet effective methods of defending yourself against an attacker. You will not only learn priceless self-defense techniques, but you'll meet new people, make new friends, and get in a great workout! Bring your teen daughters. Bring a friend. All fitness levels are welcome!

JOIN TODAY!



Tuesdays and Thursdays 4:00-4:55

YOUTH WRESTLING AT NEUTRAL GROUNDS

Ages 5 & up

STARTING MARCH 5TH!

WHY WRESTLE?

- PREPARE NOW FOR MIDDLE & HIGH SCHOOL WRESTLING!
- BE PART OF A TEAM FOR TRAINING, DEVELOPMENT & SUPPORT!

FOR INFO CALL US 469.362.4300
WWW.BJTEXAS.COM MATT@BJTEXAS.COM
207 KING RD., #204 FRISCO, TX 75036

MORE INFO!

MORE EXCITING MARCH NEWS!

Starting on March 5th, Neutral Grounds will be offering a YOUTH WRESTLING Program to our curriculum! This new class will be held on Tuesdays and Thursdays at 4:00pm and is open to all ages 5 and older. We're very excited to introduce the sport of wrestling to our students and we hope you'll consider signing up! This new program will not only help our students better prepare for Middle & High School wrestling teams, but it will also be an excellent way to gain training, development & support in the sport!

February Birthdays!



Dustin C. (2/2)
Drake F. (2/12)



NEW STUDENTS!

Brooke A. (Jr. Warriors)
Chuck C. (Adult BJJ)
Simon C. (Adult BJJ)
Jesse S. (Adult BJJ)
Joe S. (Adult BJJ)
Vincy V. (Adult BJJ)
Daniel Y. (Adult BJJ & Muay Thai)

Mia J. (2/13)
Remi S. (2/18)
William A. (2/23)
Sophie T. (2/25)

Is your birthday missing? That simply means we don't have it on file. Email us or let us know next time you're in and we'll be sure to update your information!

Did you know we host birthday parties?

At Neutral Grounds, our birthday parties are an EASY, FUN, STRESS-FREE experience!

RESERVE NOW!

Congratulations

JANUARY PROMOTIONS!

Maddux B. (Grey Belt)
Arvin D. (White Belt - 2 stripes)
Charan D. (White Belt - 2 stripes)
Justin Gow (White Belt - 4 stripes)
Sawyer H. (White Belt - 4 stripes)
Hugo J. (White Belt - 4 stripes)
Mia J. (Grey/White Belt - 4 stripes)
Dominic K. (White Belt - 1 stripe)
Stephen K. (White Belt - 1 stripe)
Jesse R. (Blue Belt)
Grace S. (White Belt - 1 stripe)
Josh S. (White Belt - 1 stripe)
Noah S. (White Belt - 1 stripe)

PHOTO OF THE MONTH

goes to these two cuties! They were so excited to see each other at our Parents' Night Out event last month. This is what we love about Neutral Grounds Jiu-Jitsu. It's the perfect place to find forever friends!



MUAY THAI KICKBOXING

All adult students ages 14+ are invited to train Muay Thai Kickboxing at Neutral Grounds every Tuesday and Thursday at 7:00pm. Kickboxing is the perfect way to lose weight and get in shape! Click on the photo for more info!



Are you a member of our Neutral Grounds VIP page on Facebook? We welcome all of our students and families to join. It's a great place to keep up to date with the academy, share pictures, share stories, and stay connected!

JOIN HERE!



ADULT SCHEDULE

FIRST CLASS FREE!

Neutral Grounds Brazilian Jiu-Jitsu
207 King Rd., #204
Frisco, TX 75034

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals Jiu-Jitsu 8:00 - 9:15 All Levels Jiu-Jitsu 6:00 - 6:55 Open Mat 7:00 - 7:45	All Levels Jiu-Jitsu 12:15 - 1:30 Muay Thai 7:00-8:15	All Levels Jiu-Jitsu 12:15 - 1:30 Fundamentals Jiu-Jitsu 6:00 - 6:55 Advanced Jiu-Jitsu 7:00 - 8:15	All Levels Jiu-Jitsu 12:15 - 1:30 Muay Thai 7:00-8:15	No-Gi Jiu-Jitsu 8:00 - 9:15 Open Mat For Enrolled Students 12:15 - 1:30	All Levels Jiu-Jitsu 11:00

BJJTEXAS.COM



KIDS SCHEDULE

FIRST CLASS FREE!

Neutral Grounds Brazilian Jiu-Jitsu
207 King Rd., #204
Frisco, TX 75034

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Age 5 - 8 9:15 - 10:00
Little Warriors age 5-7 4:00 - 4:50	Tiny Warriors age 3 & 4 4:30 - 5:00	Small Warriors age 8-10 4:00 - 4:55	Tiny Warriors age 3 & 4 4:30 - 5:00	Little Warriors age 5-7 4:00 - 4:50	Age 9 - 13 10:00 - 10:55
Jr Warriors age 11-13 5:00 - 5:55	Little Warriors age 5-7 5:00 - 5:50	Jr Warriors age 11-13 5:00 - 5:55	Little Warriors age 5-7 5:00 - 5:50	Jr Warriors age 11-13 5:00 - 5:55	
	Small Warriors age 8-10 6:00 - 6:55		Small Warriors age 8-10 6:00 - 6:55		

BJJTEXAS.COM

Follow us on Facebook, Twitter & Instagram by clicking on the links below:

