



Martial arts legend comes to Australia

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In September, one of the world's most famous martial artists, from the world's most famous marital arts families, will be visiting Australia to promote his sport and to support his trainers who are at the forefront of selfdefence and martial arts in Australia

Gracie Jiu Jitsu is a form of martial arts created by Royler's father Helio Gracie who learned traditional Japanese Jiu Jitsu techniques from his older brother, Carlos. In the late 1920s, he began to modify these techniques to accommodate his small physique with the objective of developing a system that would enable him to defend himself against larger opponents.

After years of refinement, he proved his art's effectiveness by routinely defeating larger and stronger opponents, some of whom outweighed him by as much as 50 kilos. As a result, Helio's techniques quickly became the new expression of Jiu Jitsu in Brazil and set the stage for a worldwide revolution in martial arts. Gracie Jiu Jitsu has a fanatical following, and practioners devote hours and hours to training each week.

"The benefits of Jiu Jitsu and self defence are so many that it would take an entire day to talk about it," says Royler Gracie. "Your self confidence improves, as does your sense of well being. It is an excellent form of exercise and helps your flexibility. You are revitalised and it lasts all day. Importantly, you learn to respect others ."

Royler holds a 6th degree black belt in the style and it is fair to say he lives and breathes Gracie Jiu Jitsu. "Jiu Jitsu is everything – I eat breakfast, lunch and dinner with Jiu Jitsu. Often our family talk about Jiu Jitsu during the meals. I believe not only me but my entire family loves what we do and we love to compete and to teach our art."

Royler is in Australia to visit his instructors, especially Bruno Panno, of Gracie Sydney Academy in Coogee. Bruno began learning Gracie Jiu Jitsu at the tender age of eight in Brazil and he came to Australia with the sole purpose of establishing Gracie Jiu Jitsu in Australia.