

I have been training BJJ consistently since 2001 in both South Africa and the UK. I joined the Monkey Jits Trainers programme in 2015 and have trained with and assisted a number of the existing Monkey Jits Trainers. I am passionate about BJJ and how it brings people from different backgrounds together and what it can for people on and off the mat. I have recently moved to Vienna, Austria and continue to train regularly.



## LICENSED MJ TRAINER

## SECOND DEGREE MJ BLACK BELT

