



- [Home](#)
- [News](#)
- [Events](#)
- [Fighter Profiles](#)
- [Class Schedule](#)
- [Forums](#)
- [Photo Gallery](#)
- [Become a Member](#)
- [Links](#)
- [Academies](#)
- [The Gracie Store](#)

The GracieStore
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Gracie Open 2007
jiu-jitsu Tournament
Saturday, June 30th

[Online Registration](#)

Cesar Gracie
Gi-Less Jiu-Jitsu

GRACIE JIU-JITSU DVD
33 LESSONS - 6 DVDS

Cesar Gracie
Gi-Less DVD Series
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Gracie Jiu-Jitsu of Minnesota

1565 Como Ave. St. Paul, MN
 (At Snelling Intersection, Across Street from
 Minnesota State Fair.)
 (651) 269 - 8112
 (800) 536 - 1029
 Fax: (775) 618 - 8169
 Email: Gracie Jiu-Jitsu of Minnesota



Class Schedule

Day	Times	Location	Activity	Notes
Monday	6:00PM - 9:00PM	Karate Junction	Open Mat (Open To Public)	Sport BJJ; No Gi; Ground & Pound \ Anything Goes
Monday	6:45PM - 7:45PM	Karate Junction	Kickboxing Fundamentals	Gracie JJ Approval Required
Tuesday	7:00PM - 8:30PM	Karate Junction	Formal BJJ Group Class	Technique Focus
Wednesday	8:00PM - 9:30PM	Karate Junction	Formal BJJ Group Class	Technique Focus
Thursday	12:00PM - 1:00PM	Karate Junction	Formal BJJ Group Class	By Appointment Only
Friday	5:45PM - 7:00PM	Karate Junction	Women Only BJJ Class	By Appointment Only
Friday	7:00PM - 9:00PM	Offsite or Onsite	Competitive Rolling	vs. Network Schools
Saturday	9:00AM - 11:00AM	Karate Junction	BJJ Group Class	Conditioning Focus
Saturday	11:00AM - 1:00PM	Offsite or Onsite	Kids Only BJJ Class	Ages 8-14 Only
Saturday	11:00AM - 1:00PM	Offsite or Onsite	Competitive Rolling	vs. Network Schools
Sunday	5:00PM - 7:00PM	Karate Junction	BJJ Group Class	Conditioning Focus
Sunday	5:00PM - 7:00PM	Karate Junction	Open Mat (Open To Public)	BJJ; NHB-MMA; Kickbox Sparring; Anything Goes

Pricing

Unlimited Mixed Adult Group Classes	\$75/month
Unlimited Women-Only Group Classes	\$35/month
Unlimited Kids-Only Group Classes	\$45/month
Private Instruction	\$35 per 1/2

About Us

We are one of only two official Gracie Brazilian Jiu-Jitsu schools in all of Minnesota. All Gracie BJJ classes are taught by certified instructors from the Cesar Gracie Fighter Academy, trained directly under Cesar Gracie. The Cesar Gracie organization maintains the strongest standards of BJJ instructional requirements in the U.S.



Weekly Poll

Question: Nathan on Spike. Can he Win ?

Answers:

- 1) Yes. The kid is talented and will win it all
- 2) Too cocky. He'll lose.

[Vote](#)

[View Past Polls](#)



hour

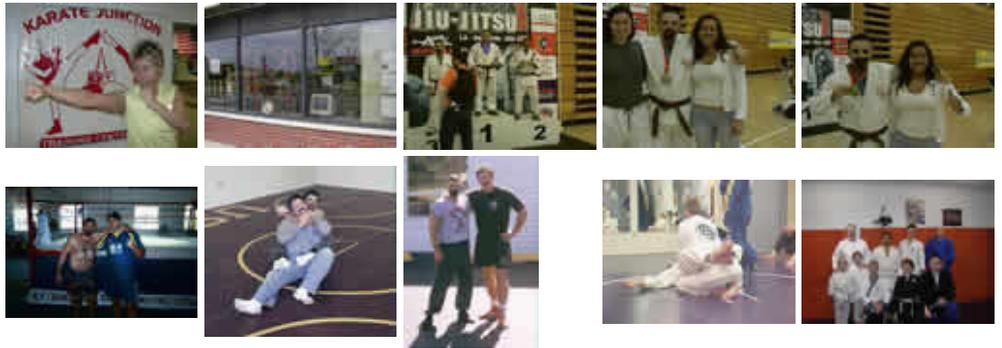
Video Commercial



Sports like Jiu-Jitsu and Wrestling are among the top ranked activities for muscle toning, fat reduction, and cardio-vascular capacity because every single muscle in the body is utilized. Brazilian Jiu-Jitsu is also the most effective martial art for Women's assault prevention.

We have specialized programs available for Women and Kids and also offer comprehensive classes in Stand-Up Striking, featuring Soo Bahk Do, Muay Thai, San Shou, and Tae Kwon Do.

Academy Photos



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