

UNSTOPPABLEGIRL

— IN ASSOCIATION WITH UKBJJA —

Unstoppable Girl is the UKBJJA’s new major campaign called to get more women involved in the martial art of Brazilian Jiu Jitsu. Unstoppable Girl involves national women only training events, social media, an education and fundraising campaign to get girls and women involved in the sport. A number of “Unstoppable Girl” Ambassadors, based throughout the UK, of different background, ages and experience levels, will be hosting free seminars, working with local councils and charities, and in the community to reach out to women who have never tried the sport. Each event will offer the opportunity for individuals to talk to existing practitioners about the benefits of BJJ, how it has helped them, and what it’s like to train and be part of the BJJ family.

If you want to attend any of the free events, learn more about the Unstoppable Girl campaign or get involved and host an event, contact campaign leader Kat Hill at ceo@ukbjja.org, visit our website www.ukbjja.org, Facebook page or Twitter @ukbjja #ukbjja #unstoppablegirl. More things are planned so watch this space. You can also donate to the Unstoppable Girl campaign, 40% of funds will go back into funding future events and outreach projects for women’s BJJ and the remaining 60% will be split between local charities nominated by Unstoppable Girl Ambassadors.

Programme of Events

March 26	Grapplethon for Charity Artemis BJJ in Bristol will be holding a 24 hour Grapplethon to raise money for charity One25	Event Details Date: March 26-27 2016
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	<p>who support vulnerable women, and at the same time raising the profile of BJJ. New and experienced grapplers alike are welcome and any girls or women in the area who want to see what BJJ is like and why it is so empowering are welcome to give it a try.</p> <p>www.artemisbjj.com/grapplethon2016/</p>	<p>Time: 14:00 on the 26th March to 14:00 on the 27th March</p> <p>Location: MYGYM Bristol, Unit B, Dean Street, Bristol, BS2 8SF</p> <p>Contact: Can Somnez</p>
April 10	<p>Outreach Seminar in Basingstoke</p> <p>A free BJJ seminar at Ippon Gym in Basingstoke hosted by Unstoppable Girl Ambassadors Thaice Pereira and junior competitors Lauren and Holly Collins. Ippon are working with a local charity, the council and schools to give women and girls the chance to try BJJ and talk to experienced practitioners about the sport.</p>	<p>Event Details</p> <p>Date: April 10</p> <p>Time: 12pm-2pm</p> <p>Location: Basingstoke School of Martial Arts, Moniton Trading Estate, Moniton Estate, West Ham Lane, Basingstoke, RG22 6NQ</p> <p>Contact: Thaice Pereira</p>
April 17	<p>Outreach Seminar in Belfast</p> <p>Purple belt and CEO of the UKBJJA Kat Hill will be delivering a seminar at Kyoujin in Belfast. Working in communities which suffer from social and religious divides, the aim of the seminar is to bring in women and girls in Belfast to try BJJ as a positive new experience, as well as bring together women who might already be practising BJJ in Belfast and beyond.</p>	<p>Event Details</p> <p>Date: April 17</p> <p>Time: 1pm-3.30pm</p> <p>Location: TBC</p> <p>Contact: Kat Hill</p>
April 24	<p>Women's Open Mat in Fife</p> <p>Scottish BJJ practitioners Cristiana Theodoli and Vikki Coates are hosting a free Women's Open mat open to experienced and new females in the area. This is just the start of a series of promotions and events the pair have planned to promote women's BJJ in Scotland.</p>	<p>Event Details</p> <p>Date: April 24</p> <p>Time: 12.30pm-3.30pm</p> <p>Location: Fife Martial Arts and Fitness Academy, 9 Faraday Road, KY6 2RU Glenrothes</p> <p>Contact: Vikki Coates</p>
May 1	<p>Taster BJJ session for Firefighters</p>	<p>Event Details</p>

	<p>At the Croydon Fire Station Open Day on May 1 Unstoppable Girl Ambassadors Nakita Ross, Tracey Doyle and Leoni Munslow (all active BJJ competitors and Firefighters) are giving women from the Fire Service, London Ambulance and the Met Police the chance to try BJJ for free. With mats to roll on and experienced BJJ practitioners present, a great chance for women from the agencies to see what BJJ is like.</p>	<p>Date: May 1</p> <p>Time: All Day</p> <p>Location: Croydon Fire Station, 90 Old Town, CR10 1AR</p> <p>Contact: Nakita Ross</p>
May 29	<p>Outreach Seminar with Helen Currie</p> <p>The UK's first female black belt Helen Currie will be delivering a free seminar open to all women and girls in the Bradford area who want to try BJJ and talk to girls who already practise the art. Organised by Unstoppable Girl Ambassador Hollie Rowley.</p> <p>www.facebook.com/events/196511594055235/</p>	<p>Event Details</p> <p>Date: May 29</p> <p>Time: 2pm – 4pm</p> <p>Location: Team Fulinkazan, Floor 4, 114 Sunbridge Road, Bradford</p> <p>Contact: Hollie Rowley</p>
June 4	<p>Outreach seminar organised by Claire Donnelly</p>	<p>Event Details</p> <p>Date: June 4</p> <p>Time: TBC</p>