

BJJ Testimonials

“Really great instruction from a solid Brazilian Jiu Jitsu instructor. Whether it’s your first time doing Brazilian Jiu Jitsu, you’re getting back into your game for competition, or trying to find a way to up your game Legacy AMA is the place to roll. Lots of practical drilling and roll time to develop skill and sensitivity to grappling. I think the best part is the relaxed environment and the instructor being so willing to work with you on problems with your game or concepts that you’re having a hard time understanding. Definitely the place to go for self defense or BJJ.”

Julio Gonzalez