



Adopting non-linear coaching methods in Brazilian Jiu-jitsu

Marco Perazzo

Marco Perazzo is the owner of New Jersey Martial Arts and is a world-renowned Brazilian Jiu-jitsu Instructor and Mixed Martial Arts Coach. Marco adopts non-linear coaching methods when working with athletes at all levels.

In this practical, Marco will demonstrate how concepts of CLA and NLP can guide participants exploration of skilful movement in context. Marco will demonstrate how adjusting sparring rules can develop individualised and skilful movements to solve moment to moment challenges, an approach that leads to more adaptive and fluid fighting styles.

Come and get involved, the session will be delivered in safe and fun environment with lots of challenging and engaging tasks.