



***SENSEI JASON MCCARTHY - HEAD INSTRUCTOR - Sandan***  
*Sensei Jason McCarthy is the founder and head instructor of New York Jiu Jitsu (American Jiu Jitsu Centers - Manhattan Dojo). He started his training directly under*

*O'Sensei Joe Puleio in 1989, achieving the rank of Shodan (1st Degree Black Belt) in 1993, Nidan (2nd Degree) in 1997, and Sandan (3rd Degree) in 2002. Along with his jiu jitsu training, Sensei Jason has experience in fencing, judo, grappling, knife defense, and arnis de mano.*



***Sensei Mike Vander Putten - Shodan***  
*Mike Vander Putten is one of the Senseis at New York Jiu Jitsu (Manhattan dojo). Sensei Mike began his training back in 1995 under Sensei Phil Theodorou, one of*

*O'Sensei Joe Puleio's earliest black belts. In 1997, Mike became certified before going away to college at SUNY Oswego. While there, he had a chance to work with Sensei Joe McCarthy Jr.'s school.*



***SENSEI TONY AVILA - INSTRUCTOR - SANDAN***  
*Sensei Tony Avila is one of the instructors at New York Jiu Jitsu (American Jiu Jitsu Centers - Manhattan Dojo). Sensei Tony began his training directly under Sensei Jason McCarthy in 1994.*

*long with his jiu jitsu training, Sensei Tony has experience in hapkido, judo, grappling, knife defense, and arnis de mano. As are all the instructors at New York Jiu Jitsu, Sensei Tony is CPR certified.*

**柔術**  
**NY**



***NEW YORK JIU JITSU***  
***666 BROADWAY, LOWER LEVEL (ENTRANCE ON BOND ST.)***  
***PHONE: (212) 343- 8310***  
***WEBSITE: WWW.NYJIUJITSU.COM***





*AMERICAN JIU JITSU is a stand-up martial art with a strong emphasis on ground defense, and which utilizes strikes, joint locks, throws, and chokes. Though this art focuses on teaching the most practical self defense techniques, its main goal is to help students realize that the best self-defense is the ability to defuse and walk away from an unnecessary confrontation. Jiu Jitsu utilizes principles of physics and the knowledge of human anatomy to overcome an attacker with as little effort possible. Using leverage and balance to his or her advantage, the practitioner achieves maximum effect with minimum effort. In this way, the jiu jitsu practitioner has a large array of techniques available to him or her in order to deal with and control any situation.*

Full Schedule																						
		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
		Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3	Mat 1	Mat 2	Mat 3
7:30am									BJJ no-gi													
--:--	<b>ACADEMY CLOSED</b>																					
10:00am						BJJ* no-gi						BJJ* no-gi										
11:00am		Muay Thai*							Muay Thai*						Beginner Muay Thai*						BJJ gi	ALL
12:00pm	No-Gi Fund			Striking for MMA			MMA	GI Fund.		No-Gi Fund			MMA						BJJ gi	ALL		
1:00pm		BJJ* no-gi		Beginner Muay Thai*	PTK*			BJJ gi			Muay Thai*			BJJ gi	ALL	No-Gi Fund			BJJ no-gi	ALL	AJJ Open Mat	
2:00pm																	No-Gi Fund			PTK*		
3:00pm																						BJJ* no-gi
4:30pm																						
5:30pm	MMA			S&C*	ALL	Striking for MMA		ALL		S&C*	ALL	MMA			ALL							
6:30pm		Muay Thai*	Intro		BJJ no-gi	ALL / Advanced		Muay Thai*	ALL		BJJ gi	ALL		BJJ no-gi	ALL							
7:30pm	No-Gi Fund	BJJ gi	PTK*	MMA			Cage Work	BJJ no-gi	GI Fund.	Intro	No-Gi Fund	BJJ gi	ALL	Striking for MMA	GI Fund.							
8:30pm					Beginner Muay Thai*	ALL					Muay Thai*	ALL		Beginner Muay Thai*	PTK*							

Class Key

American Jiu Jitsu	Brazilian Jiu Jitsu	Mixed Martial Arts	Muay Thai
Strength&Conditioning	Pekiti Tirsia Kali	*No Gi	

