

The Marcellini edge

Battle-tested martial arts for women

Martial arts is an empowering tool for women. Not only does it get you in shape, but you learn practical skills that could one day save your life. On top of all of that, martial arts helps instill a spirit of self-confidence that no other sport can match.

Sam Marcellini, of Marcellini's Martial Arts in Moreno Valley, believes martial arts are vital to women today. "I believe that good self-defense training is absolutely necessary for all women," Marcellini said.

Every two-and-a-half minutes a sexual assault takes place in the United States. Instead of adopting a "it won't happen to me" attitude, Sam teaches women to take control.

Marcellini teaches Brazilian Jiu-jitsu and Shorin Kung-fu/Chinese boxing (a combination of karate, Kung-fu and kick boxing). Since most assault situations end up on the ground, Sam focuses on moves that teach women how to effectively defend themselves once on the ground. "Using technique and leverage, rather than strength, women

can defend themselves against larger and stronger attackers," he said.

Marcellini himself was taught by the world famous Royce Gracie, undefeated champion of the first four Ultimate Fighting Championships. Gracie was not the biggest or the strongest in the brutal cage fights, but he consistently defeated physically tougher opponents. Marcellini has devoted himself to Gracie's techniques, adapting them for women in self-defense situations.

"My students learn lifelong skills that will increase safety, awareness and self-confidence," Marcellini said.

In addition to its effectiveness, Jiu-Jitsu has other advantages as a martial art for women. Jiu-Jitsu is not as hard on your body because it focuses less on absorbing, and delivering, blows. The art's strength comes from learning how to subdue stronger and larger opponents, usually with techniques that require very little violence.

You also don't need to be in perfect physical condition to learn Jiu-Jitsu. "I can't put enough emphasis on how unique the Jiu-Jitsu that we do is, because it doesn't really require strength or certain physical ability to pull it off. You don't need to be an athlete or a certain size, it works for everybody," Marcellini said. "All the techniques are based on leverage and timing and it is very effective, yet there is no strength involved with what we're doing."

Marcellini offers a full range of classes both for adults and children, with the same advantages of Jiu-Jitsu applying to them.


Marcellini makes martial arts accessible by giving his students enough so that they walk away from each class with skills they can use right away. "The classes are structured so that students improve their self-defense ability with each session," Marcellini said.

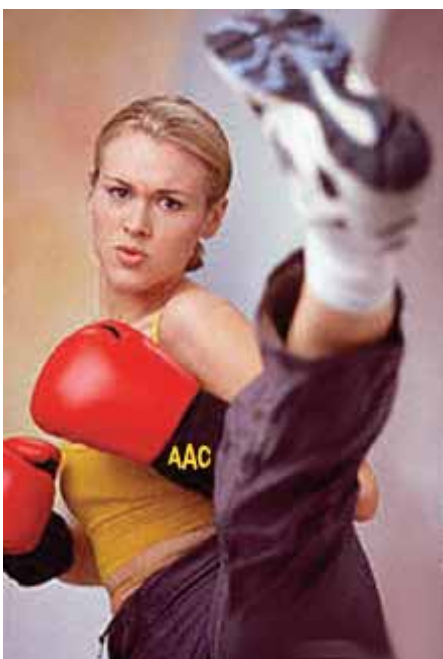
Sam started his martial arts training



at the age of five. But it wasn't until he encountered the Gracie's at age 21 when he found the most complete martial arts system available. "I made the commute five days a week for over a decade to train with the best in the world. To me, martial art training is not just about developing martial skills: it's also about the mental development that comes with effective training. Learning these skills may not only save your life one day, but will improve the quality of your life. That is why I have dedicated my life to teaching martial arts," Marcellini said.

Sam's background and intensive training have given him a well-rounded perspective on martial arts. His focus on ground fighting, coupled with practical techniques, make him a valuable resource for women looking for a martial art that can give them what they need without overwhelming them in the beginning.

Marcellini's Martial Arts is located at 24471 Sunnymead Blvd. in Moreno Valley. For more information, call (951) 485-7077 or go online to www.mmaa.us. 



Don't think you have what it takes? Think again!