

# Mushin Self Defense Teaches Brazilian Jiu Jitsu In Utah

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North Salt Lake, Utah based mixed martial arts gym Mushin Self Defense is pleased to announce that they are now providing formal BJJ classes with gi and belt advancement, taught by qualified black belts. The gym teaches Brazilian Jiu-jitsu, Submission Wrestling and Thai Boxing instruction in the Salt Lake and Davis County regions.

Brazilian Jiu-jitsu is a martial art and combat sport system that focuses on the use of leverage, technique, and strategy to effectively defend oneself against bigger, stronger and younger assailants. It involves a lot of grappling with particular emphasis on ground fighting. According to Brian Yamasaki, one of the head instructors at Mushin Self Defense, "Brazilian Jiu-Jitsu has the honor and distinction of being one of the only martial arts to have multiple documented accounts of actually being viable as self-defense as well as a sport in its own right."



Yamasaki continues, “Whether you’re a beginner looking to learn self-defense or an experienced Martial Artist, there is a Brazilian Jiu-Jitsu program for everyone. The sport has always been a very important and influential part of our Mixed Martial Art and Submission Wrestling Programs and now, we are very excited to offer a class specifically for Gracie Style Jiu-jitsu—the variety of Jiu-Jitsu that places a stronger emphasis on the self-defense aspect of the martial art.”

The Gi-Based BJJ class offered by the gym covers every aspect of the art, from White Belt up through Black. The gym also offers a separate set of classes with just Submission Grappling and no Gi. Newcomers may take advantage of a Free 30-day trial (which includes a free T-Shirt) before they commit to the program. More information about Mushin's Brazilian Jiu Jitsu classes can also be found at the following link: [Mushin BJJ Classes](#).

"When you come to Mushin Self Defense, you will be welcomed by our staff, instructors and student body. You will be treated with the highest level of respect and service whether you are a complete beginner or an experienced veteran. We are one of Utah's first and finest schools for learning Brazilian Jiu-Jitsu and Mixed Martial Arts and, with us, you are certain to receive an education of the highest standards."

Mushin Self Defense has established themselves as an excellent provider of martial arts lessons. On Google, the gym has a perfect rating of 5/5 stars from more than 50 reviews. Amber Franke, a Google Local Guide for North Salt Lake, says in her review, "This program is spectacular! I have a son who struggles with maintaining meaningful relationships and self confidence. The environment at Mushin is structured, clean, friendly, fun but most of all safe."

Franke adds, "The teachers here are invested in the student as a whole person. They check in with family, friends and teachers. Brian is easy to work with, responds quickly to concerns and goes the extra mile to create a family-like experience. My son has found his voice, his confidence and is also learning to be accountable for his actions, as well as to value himself and others. Thank you, thank you, thank you!"

In another review, Angie Sterner says, "Absolutely 5 stars. I felt too old and slow and clumsy, but now I feel confident and then some stress as I learn, but just enough to push and motivate, not ever overwhelm. The coaches and Sensei Yamasaki are really amazing. I've learned so much and it really feels great. Love the other great women in the self-defense class."

The gym also has excellent ratings on Facebook, maintaining a score of 4.9/5. Here, Elin Kiss' review reads, "My son has been coming here for six months and he loves it as much as I do! He's not only learning really cool moves but also respect, kindness and structure. All the instructors are amazing! Coach Brett, Coach Chris and Coach Yamasaki are my son's favorite."

Those who want to learn more about Mushin Self Defense and the various programs they offer can find more information on the mixed martial arts gym's website at the following link: <https://mushinmma.com/>. Additionally, Mushin Self Defense encourages interested parties to get in touch with Brian Yamasaki directly via email, phone or the contact form on their website. In addition to their website, Mushin Self Defense has a page on Facebook where they frequently post updates, share media and communicate with their students.

Source: <http://www.pressadvantage.com/story/33202-mushin-self-defense-teaches-brazilian-jiu-jitsu-in-utah>