

The Jiu-Jitsu Academy of Southern Maryland - White Plains

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The Jiu-Jitsu Academy of Southern Maryland - White Plains

The Jiu-Jitsu Academy of Southern Maryland: A Family-Friendly Training Experience

Located in White Plains, Maryland, **The Jiu-Jitsu Academy of Southern Maryland** offers a welcoming atmosphere for both beginners and experienced martial artists alike. The academy provides not only expertly designed classes but also essential amenities for all visitors, including a **wheelchair-accessible car park** and **wheelchair-accessible entrance**, ensuring everyone has access

to its fantastic facilities.

Welcoming Environment and Great Instructors

One of the most praised features of The Jiu-Jitsu Academy is its **patient and knowledgeable instructors**. New students often express how comfortable they feel during their first few classes. For instance, individuals training for the first time have noted that the instructors are both thorough and personable, making it easy to learn without feeling intimidated. This supportive atmosphere is instrumental in fostering confidence in students of all ages.

A Focus on Personal Growth

While some parents have expressed concerns regarding their young children's experiences in class, many have also highlighted the academy's overall commitment to personal development. With an emphasis on social confidence and mental growth, students often leave with a sense of achievement, even after facing challenges. As one parent noted, their child's confidence “soared” despite earlier setbacks, showcasing the resilience instilled through martial arts training.

Structured Classes for All Ages

The academy offers various classes tailored to different skill levels, including specialized sessions for children. Parents appreciate the professionalism and calm demeanor of instructors like John, who help kids navigate their emotions during training. As noted by several families, this structured environment, combined with affordable pricing, allows young learners to thrive as they prepare to return when they are ready for the full benefits of jiu-jitsu.

Community and Friendliness

The sense of community at The Jiu-Jitsu Academy is palpable. Many trainees forge friendships that extend beyond the mat, creating a family-like atmosphere. Attendees frequently mention the camaraderie among students, highlighting the absence of a competitive edge that often characterizes martial arts. Instead, the focus remains on collaborative growth and mutual support, making it an ideal place to train for everyone.

Conclusion

In summary, **The Jiu-Jitsu Academy of Southern Maryland** is not just a gym; it's a community hub for martial arts enthusiasts. With accessibility features like **wheelchair-accessible entrances** and a commitment to inclusivity, this

academy ensures that everyone can experience the transformative power of jiu-jitsu. Whether you're a beginner looking to dive into MMA or a seasoned martial artist seeking to improve your skills, this academy is definitely worth considering.

We are positioned at

4474 White Plains Ln suite b, 20695 White Plains, Maryland - United States (US)

The phone number of the mentioned **Jujitsu school** is +1301-503-1799

And if you want to send a WhatsApp, you can do so at +1301-503-1799

Our service hours are:

Day Hours
Monday

Closed

Tuesday

10:30–11:30?AM 5:30–8:30?PM

Wednesday

10:30–11:30?AM 5:30–8:30?PM

Thursday

10:30–11:30?AM 5:30–8:30?PM

Friday

10:30–11:30?AM 6:30–8:30?PM

Saturday

5:30–8:30?PM

Sunday

12–1:30?PM

The website is The Jiu-Jitsu Academy of Southern Maryland

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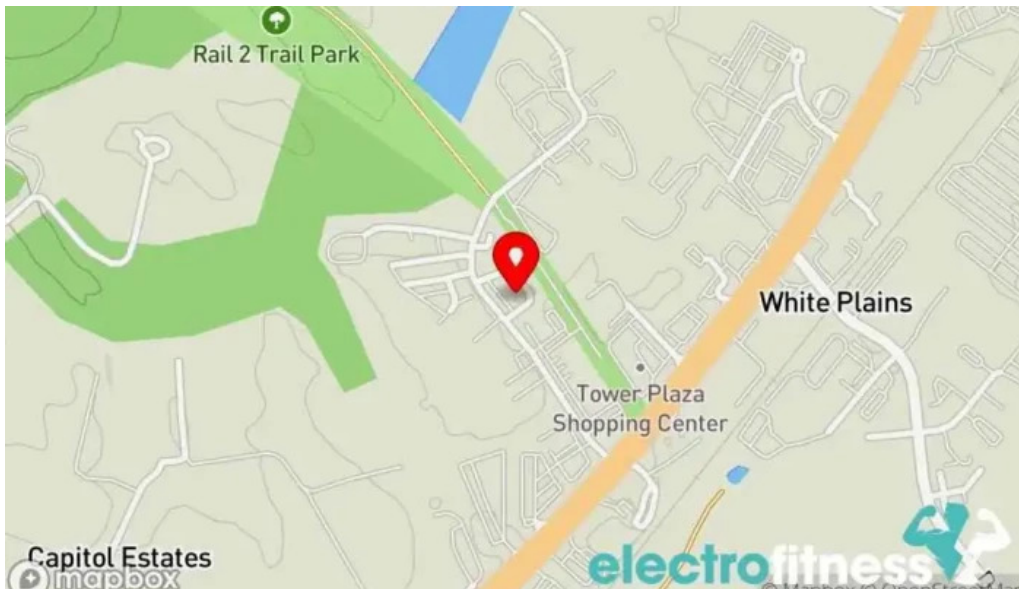
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Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance

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