



Brooklyn Brazilian Jiu-Jitsu Helps to Better Brooklyn Communities

Through a partnership with Friends House NYC, Brooklyn martial arts practice fulfills commitment to charity service and betterment of the nearby communities.

BROOKLYN, NEW YORK, UNITED STATES, December 2, 2015 /EINPresswire.com/ -- [Brooklyn Brazilian Jiu-Jitsu](#) - a collaborative self-defense training network teaching [martial arts](#) in Dyker Heights, Gravesend, Clinton Hill, Cobble Hill and Bensonhurst - worked to fulfill one of its central mission tenets during the month of November through a partnership with [Friends House](#) NYC.

Brooklyn Brazilian Jiu-Jitsu has long held that a healthy martial arts practice must include not just the physical training necessary for safety and confidence, but also a commitment to charity service and betterment of the nearby communities.

"Friends House is committed to the same type of holistic individual improvement as we are," says Chief Instructor Gene Dunn. "Their mission to house and provide complete services to 50 individuals creates a ripple effect in the overall community consciousness around homelessness and AIDS."

Friends House - a residence in Manhattan - strives to make life better for homeless people living with AIDS who have special service needs. With a belief that a homeless person's primary concern is to obtain stable housing, the organization advocates for a continuity of care unavailable in other domains.

The population served at Friends House, formerly homeless people living with HIV/AIDS who also struggle with a history of substance abuse and/or mental illness, represents a group with housing and vital support service needs within New York City.

The students at Brooklyn BJJ were onboard for the November charity drive. "We saw a great level of participation from our students," says instructor Josh Skyer.

He continues, "When people think of Jiu-Jitsu, they think first of benefits like power, strength and confidence. But we believe Jiu-Jitsu is essentially a holistic approach to living, and that includes not just self-defense but learning to become generous and open-minded as well."

Brooklyn Brazilian Jiu-Jitsu's collaboration with Friends House marks the 11th month of charity participation in 2015 alone. The organization believes that the central principles of the martial arts, and Brazilian Jiu-Jitsu in Brooklyn, need this type of foundation to remain relevant in the modern era. With nearly 100 charities under its belt, Brooklyn BJJ stays connected to the larger picture.

"The beauty of Jiu-Jitsu is that it is a versatile approach to health, fitness and overall living. Yes, it prepares the practitioner with awareness and defense training," says Dunn, "but it also lets the individual leave self-involvement behind, one step at a time."

This seminar is designed for first-time self-defense and yoga students and will teach participants simple but essential techniques to address the most common threat scenarios women face. Providing

women in this community with the ability to avoid and prevent attacks is the central goal at the event.

If you are a woman or have a woman in your life, it is imperative that they attend this seminar to learn life-saving techniques.

For more information be sure to go to www.brooklynbjj.com or visit Friends House at www.friendshousenyc.org

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