



TRIANGLE JIU JITSU ACADEMY

GRACIE JIU JITSU • KIDS MARTIAL ARTS • MIXED MARTIAL ARTS



Seth Shamp

[Royce Gracie](#) Black Belt &

Owner of [Triangle Jiu Jitsu](#) (Durham, NC)

[Seth Shamp](#) has 15 years of martial arts experience. He is not only the coach of IBJJF World Champions, and medalists at ADCC, NAGA, and US Grappling, but he regularly competes in IBJJF events in the adult black belt division. In addition to being a coach, competitor, and mixed martial artist he is also a passionate teacher of Gracie Jiu Jitsu—with a focus on self-defense and fundamentally sound jiu jitsu.

Seth is coming to Charleston to give a free seminar on women's self-defense on September, 17th from 2:00pm-4:00pm. It is being hosted by [Learn to Resist](#) and held at [Devine Jiu Jitsu Charleston](#) (327 Folly Road, Suite A, James Island, Charleston, SC). A special thanks goes to Michael Sanda and Jeff Robertson at DJJ Charleston for agreeing to have the seminar at their academy. That said, all experience levels and affiliations are welcome! Please wear sweat pants and a loose fitting tee shirt. Also, while the seminar is free to the public, donations will be happily accepted! If you have any questions, please email Thomas Nadelhoffer at tnadelhoffer@gmail.com

For more information:

<http://trianglejiujitsu.com>

<http://www.devinejiujitsucharleston.com/>

<http://www.learntoresist.org>

