

Martial arts for a modern world

Sam Marcellini has a passion for imparting the fighting arts

You know you want to learn martial arts, but maybe you're intimidated when you see more experienced practitioners. Also, there is a great deal of choice. How do you find the right school?

Sam Marcellini aims to solve both of these problems at his Martial Arts Academy in Moreno Valley. Marcellini's approach is to offer a program that is accessible to the novice, but meaty enough to take you to the highest levels.

"We create a safe and professional environment with easy to learn and effective techniques that will work for anybody," Marcellini said.

You don't need a lot of muscle to make his techniques work. The moves taught at the academy are based on leverage and timing. "What's unique about our school is that it's for everybody, not just the athlete or experienced martial artist, but also for the guy with handicaps or a person who hasn't exercised for 20 years or so," Marcellini said.

To Sam, martial arts is a total package: you get self-defense, fitness, and an education in good character through confidence. "Martial arts develops qualities that help you be successful in business, work, school or any other area of society. With the right teacher the students of martial arts take their training to heart and realize that their

lessons are readily applicable to the management of their daily affairs," he said.

Training in the martial arts helps to develop a focused mind, a quality that can be applied anywhere in life. Marcellini is serious about his martial arts, and he is eager for his students to discover the same joys and triumphs that he has realized. "They learn about patience and consistency along with many pleasures such as the satisfaction of mastering movements, performing a true art and expressing themselves and staying healthy from the exercises they go through," he said. "Martial Arts has changed so many lives for the better and that's what motivated me to teach it and dedicate my life to it. I teach real self-defense but the qualities that go with it are far more important."

Sam Marcellini's Martial Arts Academy offers a variety of styles, with a heavy dose of Brazilian Jiu-Jitsu and Chinese Boxing (a combination of Kung-fu and Thai-Boxing with throws from wrestling, jiu-jitsu and Judo).

Brazilian Jiu-Jitsu is famous for its real-world effectiveness, and Marcellini has learned from the world's top practitioners in the art. "I trained with Royce Gracie and his father Grandmaster Helio Gracie, who is the mastermind and creator of what's known as Brazilian Jiu-Jitsu," Marcellini

said. "A lot of people say Brazilian Jiu-Jitsu is Brazilian Jiu-Jitsu. I disagree. There is a big difference between the quality and the choice of techniques taught in a school."

The Gracie's are renowned for teaching techniques that are highly effective against opponents who are bigger and stronger than you. "We use moves that will work against a much bigger and stronger opponent in a real self-defense situation," Marcellini said. "If our objective was just to win tournaments with people with the same weight category, then we have to choose moves for that purpose which you end up getting good at a series of techniques that may not be as effective in a tough self-defense situation."



Sam Marcellini is following in the footsteps of the great Gracie family, at Marcellini's Martial Arts Academy in Moreno Valley.

Marcellini is following in the Gracie tradition, using their techniques to teach regular people how to defend themselves against tougher opponents. "What we do is what Grandmaster Helio Gracie, his sons and grandsons do (just to name a few; Royce, Rickson and Royler Gracie) who happen to be the most successful Jiu-Jitsu fighters of all time and they truly use their art in reality-based competitions. What we do works for self-defense as well as tournaments, but of course our main focus is on self-defense," he said.

"The secret is the mastery of the basics. Schools like mine are rarely found in U.S or the world for that matter."

Since Marcellini focuses on technique over brawn, he has classes that cater not only to men, but women and children as well. You don't have to be an athlete or genetically gifted individual to learn, you just need the will to try.

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

