



# HELIO “SONECA” MOREIRA

## BRAZILIAN JIU-JITSU SEMINAR

Helio”Soneca” Moreira started practicing Brazilian Jiu-Jitsu at the age of 8 with Black Belt Master Cirilo Azevedo. Having fallen in love with this Martial Art at the age of 9, he was already a Brazilian Champion. At the age of 13, Helio moved to Rio De Janeiro and started to practice with the Gracie Club, now known as Barra Gracie, taught by the Machado Brothers, Ze Henrique Leao Teixeira and Renzo Gracie. Soneca , as he is known in the Martial Arts world, chose Brazilian Jiu-Jitsu as his career totally dedicating himself to it. At the age of 22 , he received from Master Carlos Gracie JR., the Black Belt he had been dreaming of; a prestige that few people had at that time. Soneca is currently a 4<sup>th</sup> Dan and known as one of the best fighters and Masters in the world. He is also one of the founders of Gracie Barra, currently the best Brazilian Jiu-Jitsu in the world.

### **Titles:**

- 1995 Pan-American Championship – California
- 1996 World Championship – Brazil
- 1997 Brazilian Championship – Brazil
- 1999 International Championship – Brazil
- 2001 NAGA-North American Grappling Association Champion – Miami
- 2002 World Fighting Champion(WFC) – Texas
- 2003 COMBATE EXTREMO (NHB) – Mexico

### **SEMINAR:**

- \*Ground Fighting (attacks and defense from the ground)
- \*Gi and No Gi techniques
- \*Hold downs, take downs, submissions

Hosted by - **Academy of Universal Martial Arts** - Master Nicholas Juarez

Promoted by – **Tony Morel’s Yamakan Kajukenbo School of Self-Defense**

**Date:** Saturday April 28<sup>th</sup>, 2007

**Time:** Children’s Seminar Begins at 10 A.M. ends at NOON!!! (7to 15 yrs.)

Adult Seminar Begins at 1:15 – ends at 4:15 P.M. (15yrs. +)

**Location:** Academy of Universal Martial Arts

2110 W. Slaughter Lane, Austin Tx 78748

(at Manchaca Rd. next to H.E.B.)

E-MAIL – [mrj@aumaonline.com](mailto:mrj@aumaonline.com) WEBSITE – AUMAONLINE.COM

Phone (512) 282-1444 or Master Juarez (direct) 619-8514

Phone (512) 680-1387 – Master Tony Morel

**Cost :** CHILDREN: \$60 PRE-PAID DUE BY MARCH 31<sup>ST</sup> AFTER - \$75

ADULTS: \$80 PRE-PAID DUE BY MARCH 31<sup>ST</sup> AFTER - \$95

(PAYMENTS MUST BE CASH OR MONEY ORDER)