

Funded Brazilian Jiu-Jitsu classes in Huddersfield



-
- **Beginner-friendly** • **No experience needed**
 - **Supportive coaching**
-

Referrals welcome from schools, youth services, Prevention Pathways, Safer Kirklees partners, social workers and community organisations.



Gorilla Grappling Academy, Hoyle House Fold, Linthwaite, Huddersfield HD7 5QG



07546599949



gorilla.grappling.hudds@gmail.com



Referral/application form - [CLICK HERE](#)

When?

Classes start Tuesday 3rd February. Each referral will be able to attend for 8 weeks. After the 8 weeks, they can be re-referred or join our regular classes.

What they will need

Just a bottle of water and comfortable gym type clothing.



Referral/application form - [CLICK HERE](#)

Further Opportunities

We are a full-time Brazilian Jiu-Jitsu academy that caters for everyone starting at 6 years old. From hobbyists to professionals. Below is our full timetable.

GORILLA GRAPPLING ACADEMY
BRAZILIAN JIU JITSU
HUDDERSFIELD

WEEKLY TIMETABLE

Monday	Tuesday
<ul style="list-style-type: none">• 6 - 7am: No-Gi Early bird• 5pm: Youth Academy• 6pm: Mini Gorillas• 7 - 8.30pm: adults Fundamentals	<ul style="list-style-type: none">• 6 - 7am: Gi Early Bird• 6 - 7.30pm: Adults No-Gi Advanced
Wednesday	Thursday
<ul style="list-style-type: none">• 6 - 7am: No-Gi Early Bird• 5.30pm: Youth Academy• 6.30 - 7.30pm: Adults Wrestling	<ul style="list-style-type: none">• 5pm: Youth Academy• 6pm: Mini Gorillas• 7pm - 8.30pm: Adults No-Gi Advanced
Friday	Saturday
<ul style="list-style-type: none">• 6 - 7am: Open mat Early Bird• 6 - 7:30pm: Adults Comp Class• 6 - 7:30pm: Adults Fundamentals	Privates
Sunday	
<ul style="list-style-type: none">• 9am: Mini's/Youth mixed• 10am: kids MMA• 10am: Adults Open mat• 5pm: Womens only	

WHY BRAZILIAN JIU-JITSU?

BJJ is a non-striking martial art (no punching or kicking). It teaches calmness under pressure, confidence, and practical self-defence awareness in a safe, coached environment.

BENEFITS PARTICIPANTS OFTEN REPORT

- Increased confidence and self-esteem
- Better emotional regulation and stress management
- Improved fitness, strength and coordination
- Calm under pressure & emotional regulation
- Healthy boundaries & assertiveness
- Belonging, routine and positive peer support



Referral/application form - [CLICK HERE](#)

WHAT TO EXPECT IN A SESSION

- Friendly welcome and check-in
- Warm-up and beginner movement basics
- Coached techniques (beginner-safe)
- Optional drills (always choice-based)
- Cool-down and positive close

IMPORTANT: No one is forced to spar. Everything is scaled to comfort level.

Class days and times

AGES 12–16 (MIXED CLASS)

Tuesdays — 4:45pm to 5:45pm

AGES 17–25 (MIXED CLASS)

Sundays — 3:45pm to 4:45pm

WOMEN-ONLY (AGES 14+)

Sundays — 5:00pm to 6:00pm



Referral/application form - [CLICK HERE](#)

How to Refer

- **SAFEGUARDING & SUPPORT**
- **Gorilla Grappling CIC uses safeguarding procedures appropriate for children and vulnerable adults. Sessions are respectful, trauma-aware and coach-led. We work with referral partners and can signpost to additional support where needed.**

HOW TO REFER

- **Complete the referral form: [FORM](#)**
- **Or request form by emailing:
gorilla.grappling.hudds@gmail.com**
- **We confirm start details and any support needs**

ABOUT GORILLA GRAPPLING CIC

- **A community interest company using Brazilian Jiu Jitsu to improve wellbeing and life chances in Huddersfield.**



Referral/application form - [CLICK HERE](#)

Meet The Coach - Tia Derrick



Tia Derrick has trained in Brazilian Jiu Jitsu for 14 years, starting at age 8. After taking time away in her early 20s to become a mum, she returned to the mats six weeks after having her son, something that shaped her coaching style around resilience, confidence and showing up even when life is tough.

Tia coaches children, teens and adults, including women-only sessions and 1-to-1 coaching. Her focus is on helping people stay calm under pressure, build strong boundaries, and learn how to work out of uncomfortable situations safely and confidently.

Tia has competed from junior level through to adult professional level, winning titles including British Champion and ADCC British and Welsh Champion. She's proud to use her experience to support young boys, girls and women to feel stronger, safer and more confident, on and off the mats.



Referral/application form - [CLICK HERE](#)