



## ***Fred Gracie***

My name is Fred Gracie, son of Francy Gracie, grandson of Robson Gracie and great-grandson of Carlos Gracie Sr.

Born in Rio de Janeiro, Brazil on 03/26/1987. As a child, my mother took me to train at the legendary Gracie Humaitá academy, the most traditional Gracie academy of all time, with teachers like Helio Gracie and his children. I was trained from white belt to black belt and formed by master Rolker Gracie, son of great master Helio Gracie. I graduated black belt in December 2013.

Still as a brown belt, I was the first Gracie to immigrate to Africa and bring Jiu-Jitsu to the Angolan people, I lived in Angola from 2010 to 2021. I formed several national and international champions, in addition I formed 2 national black bands. I participated in social projects and leveled Gracie Jiu-Jitsu for different social audiences.

My biggest goal in Jiu-Jitsu is to teach those who really need it. The benefits that Jiu-Jitsu brings have the ability to change lives for the better, that's my big personal goal.

I am currently a 3rd degree black belt and I live and teach jiu jitsu in Florida - USA.

