

Business Connection



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Business Spotlight

GROUND RULES *Academy*

*Where Brazilian Jiu-Jitsu Meets Lifelong Learning
and Personal Growth*

Located just off the 580/680 interchange, Ground Rules Academy is more than a Brazilian Jiu-Jitsu (BJJ) School—it's a unique place where personal growth, fitness, and education converge. Family-owned and operated, this academy is dedicated to not only teaching BJJ as an art, self-defense system, and sport, but also strongly emphasizing the importance of lifelong learning and personal development.

What truly sets Ground Rules Academy apart is its founder, Russell Jensen. With a PhD from the prestigious Massachusetts Institute of Technology (MIT) where he studied under Nobel Laureate Mounji Bawendi, Dr. Jensen brings a wealth of experience in problem solving at the highest levels. In addition to being an accomplished martial artist, Dr. Jensen is also a tenured chemistry professor at Las Positas College. This dual expertise shapes the academy's philosophy, making education a core part of the martial arts experience. Dr. Jensen is also in the late stages of self-publishing his first book; *Ground Rules – Simple Physics for the Grappling Arts*.

At Ground Rules Academy, BJJ classes go beyond technique. Students are encouraged to approach their training with the same curiosity and tenacity that would permeate an elite academic setting. Dr. Jensen and his team teach not just the physical skills but the theory and strategy behind them, fostering a deeper understanding of the art and accelerating the learning curve. At the core of this philosophy lies a culture that is highly supportive while maintaining rigorous standards, teaching students that they are capable of overcoming challenges in their own lives.



Family owned and operated: The Jensens all contribute to the learning environment at the Jui-Jitsu academy.

The academy offers a range of classes for kids, teens, and adults, making it a welcoming place for individuals and families to learn and grow. Whether you're looking to improve your fitness, build confidence, or learn self-defense, Ground Rules Academy provides the tools to grow, both on and off the mats.

For more information and to register for a free trial class, visit www.groundrulesacademy.com. Follow us on Instagram @groundrulesacademy.