

Lake Norman Jiu Jitsu

Martial arts school

[PLACE DETAILS](#)



Jay Lee

★★★★★ 4 days ago



I've rarely worked out and never cared for my health. In 2021, after the 1st year of Covid, my health declined dramatically due to stress.

My friend suggested we join a gym and asked me to join him to try out Lake Norman Ju Jitsu. HE never showed up. STILL, a year later, he has not showed up.

After going to one class, i was hooked and show up several times a week. It was one of the greatest decisions I kinda, mistakenly, partially made? lol

I don't have experience with martial arts and to be quiet honest, I've never cared about learning how to fight nor self defense. I've always avoided violent situations. But after couple of months, I've realized that this is more than just physical health, it's about philosophy in life.

Sparring isn't just about yourself to be better, it's about mutual respect to one another and focusing on improving each other.

When you're putting on those gloves or Gi, take your time, don't rush, calm the mind and body, because those little things matter. Just like everyday life, little details add up to great result.

Toby is the owner/teacher and the amount of knowledge I've gained so far has changed my life. He has decades of experience in martial arts, a passion to help and improve others, and best of all, his creativity in teaching is absolute top notch. It's pretty awesome and there is so much to learn.

One of the best thing about coming here is, it's NOT CROWDED! You really get a hands on, one on one experience and everyone is friendly and willing to help. Again, it's about improving each other, which is pretty awesome.

Don't sleep on the morning classes! Great workouts in the morning and endorphin level is up for rest of the day!

If you are one of many who is reading this, "the team needs you, come to the tree outs" lol