

# Locals Zetland

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Locals Zetland is a martial arts academy based in Sydney, offering Brazilian Jiu Jitsu (BJJ) classes for various age groups and skill levels. The academy provides a wide range of BJJ programs including kids classes, beginners and advanced classes, women-only classes, and competition training. Their experienced coaches, including academy co-owners John Walton and Frank Damasco, ensure all students learn effective self-defense techniques and maintain a healthy lifestyle. The academy offers a free trial class and fosters a supportive community, making it an ideal place for anyone interested in learning BJJ.

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