



WINTER CAMP 2025

29/08-31/08



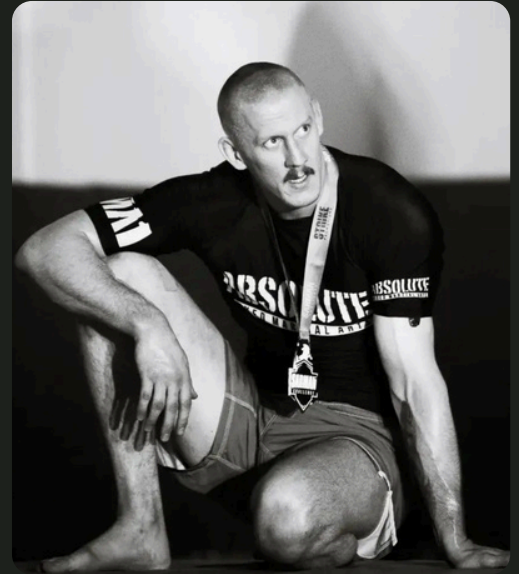
BJJ-CAMPING-BBQ-FESTIVE FUN

Healesville Victoria

[Groundedgrappling.com](https://groundedgrappling.com)

Meet The Team

Oli Smith, Black Belt under Lachlan Giles, Head Coach at Absolute MMA Collingwood and founder of Grounded Grappling is your friendly neighborhood No-Gi wizard. With State and National medals weighing down his trophy shelf and international competition experience to boot, he's got more hardware than a Bunnings aisle. Oli's been making waves in superfight shows too, recently dismantling a top black belt at the Sarman Challenge—probably just for fun. His coaching has taken him across Australia and the globe, including an unforgettable trip to Guam, where he discovered that Jiu-Jitsu pairs perfectly with island life and sunscreen.



Jacob Myers Braun, a Black Belt under Lachlan Giles, coaches at Nakama BJJ and Greensborough MMA, but don't let his friendly demeanor fool you—this guy's the current U/99kg M16 Open Champ and a Pan Pacs gold medalist. With a résumé full of local and international competition wins, Jacob has thrown down in superfight shows like Boa Super 8, Sarman Challenge, and Subversion. He's not just a talented coach, he's also a savvy competitor—and, according to legend, the only guy who can make a kimura feel like a firm handshake. If you're looking for a great roll and even better conversation, Jacob's your guy—just don't be surprised if you tap while laughing!

Tom Everett is a Black Belt under Lachlan Giles. Tom started his BJJ journey back in 2012, rubbing elbows (and probably heads) with none other than Craig Jones. Now a vital cog in the coaching machine at Absolute MMA St Kilda, Tom has stacked up State and National medals like they're going out of style and has crushed it on stages like the M16 Open and Grapplefest in the UK. His technical skills? Razor-sharp. His sense of humor? Well... let's just say it's still in white belt territory.



Jesse Smith – Black Belt & Head Coach at Nakama BJJ.

Jesse has been on the mats since 2009 and earned his black belt in 2021 under Dean Liebenberg and Julio Cesar (the BJJ legend, not the emperor). As head coach at Nakama, he's created a training environment that's technical, supportive, and seriously welcoming.

He's not just a coach—he's a competitor too, with podium finishes at the 2024 Pan Pacs in both Gi and No-Gi divisions. Whether you're chasing comp glory or just trying to survive side control, Jesse's the coach you want in your corner—clear, calm, and sharp as a cross-collar choke.

Graeme McKenna is a Brown Belt & Chief Culinary Wizard. He might not have a room full of medals, but he's got a Brown Belt and a knack for making sure everyone at camp is well-fed and happy. When he's not perfecting his armbar or dreaming up new low percentage BJJ techniques, you'll find Graeme in the kitchen whipping up delicious meals and ensuring the logistics run smoother than a well-executed sweep. He's the guy you want on your side when it comes to organising a camp or grilling up a feast. His cooking is so good, you might just forget you're at a grappling camp—just don't ask him to demonstrate a flying triangle while he's carving brisket!



George Miller is a Brazilian Jiu-Jitsu brown belt and coach at Bones MMA in Torquay—and he's not just bringing the heat to the mats.

Back for his third camp leading Morning Mobility and Breathwork, George has become a cornerstone of the Grounded Grappling mornings. His deep knowledge of movement, recovery, and breath control sets the tone for the day, helping campers unlock their bodies before diving into hard rolls and technical sessions.

Equal parts skilled, calming, and committed, George brings serious BJJ credentials and the best chill-out vibes to camp. You'll leave his sessions looser, clearer, and ready to scrap.

Camp Itinerary



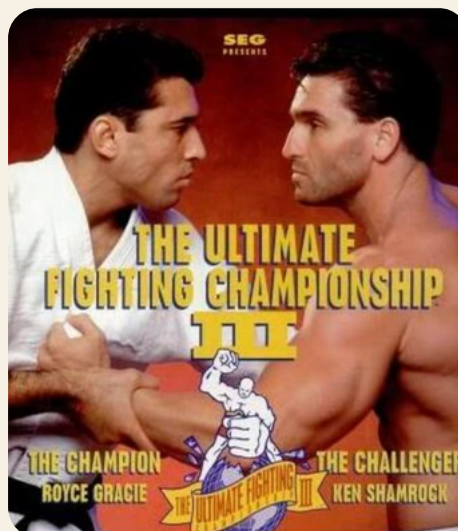
FRIDAY	ACTIVITY
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17.00 - 18.00	Arrival & Room Allocation
18:00 - 19:00	Open Mat
19:00 - 20:30	BBQ Dinner
21:00 - 23:00	Campfire



SATURDAY	ACTIVITY
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17.00 - 18.00	Session 3
18.00 - 19:30	Open Mat/ CJJ Breakdown
19.30 - 21:00	Christmas Feast
21:00 - 23:00	Movie Night - UFC 3



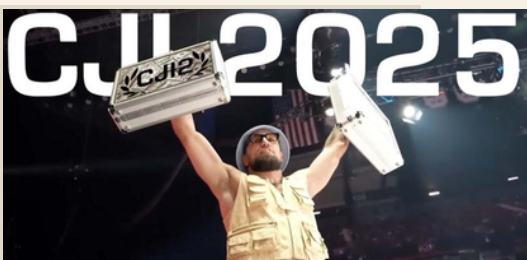
SATURDAY	ACTIVITY
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07:00 - 08:00	Breakfast
08.00 - 09.00	Mobility
09.00 - 10.00	Session 1
10.00 - 10.30	Morning Tea
10.30 - 11.30	Session 2
11.30 - 12.30	Open Mat/ Q&A
12.30 - 14.00	Lunch

SUNDAY	ACTIVITY
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07:00 - 08:00	Breakfast
08.00 - 09.00	Mobility
09.00 - 10.00	Session 1
10.00 - 10.30	Morning Tea
10.30 - 11.30	Session 4
11.30 - 13.30	Open Mat/ CJJ Watchparty

14:00



Dorm Accommodation

Camp Polana offers a range of comfortable dorm-style cabins, with 3, 4, and 6-person rooms available. Each cabin includes bunk beds, heating, and easy access to shared bathroom and shower facilities. We'll be organising cabins to ensure gender-separated accommodation by default, but if you're coming with friends and want to bunk together, just let us know—we'll do our best to group you in the same room.

Bringing the family? Kids are welcome to come along for a small additional fee, and we'll be aiming to have some light entertainment or activities to keep them occupied while you train. Whether you're rolling solo or coming with your crew (or your crew and their kids), we've got you covered.

Let us know your preferences when booking, and we'll handle the rest.





Training & Dorm Essentials

- 4 x No-Gi sets
- Mouthguard
- Tape
- Flip-flops / Slides
- Towel
- Sleeping bag or doona
- Pillow & fitted sheet (single mattress provided)
- Toiletries
- Earplugs (shared rooms = possible snorers)
- Eye mask (optional but handy)



Other Essentials & Extras

- Sunscreen
- Notebook & pen
- Insect repellent
- Snacks
- Swimwear
- Water bottle
- Hiking shoes / Runners
- Phone charger
- Poncho or Rain Jacket
- Good attitude & sense of humour (non-negotiable)

Getting there:



Polana Camp

4.1 ★★★★★ (54)

Camping Ground · 📍

Overview

Reviews

About



Directions



Save



Nearby



Send to
phone



Share



360 Don Rd, Badger Creek VIC 3777



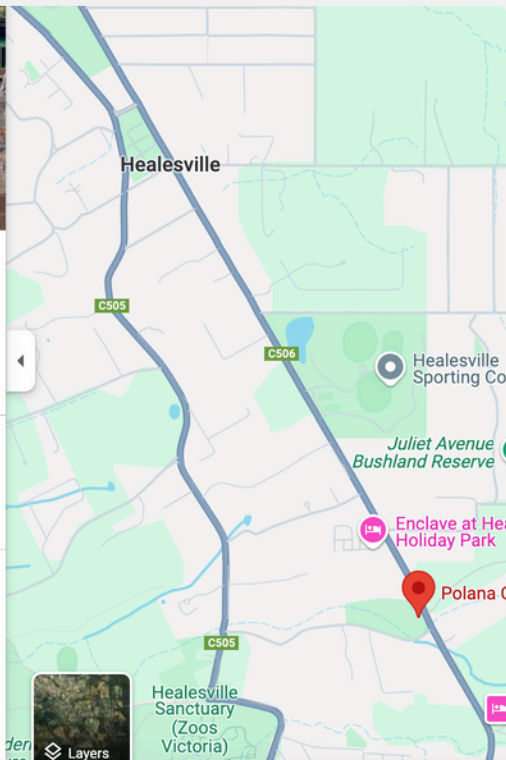
polanacamp.org.au



(03) 5901 2206



8GCR+PW Badger Creek, Victoria



Camp Polana is located in Badger Creek, around 1.5 hours from Melbourne. If you're driving, just plug "Camp Polana, Badger Creek" into your map app for directions.

For those flying into Melbourne or without transport, carpooling options will be available via the camp WhatsApp group (details below). Let us know if you need a lift or can offer one!



Grounded Grappling Menu!

A sample of what is in store!

Breakfast Plans



Bacon & Egg Sarnies



Tina's famous Ch-eggs



Cereals

Lunch Plans



Fresh Caesar Salad



SousVide Grilled Chicken



Selection of Fruits and nuts

Dinner Plans



Beef Brisket



Christmas Feast



Grilled Pineapple

Grounded Grub

WE CAN CATER TO
ALL DIETARY
REQUIREMENTS

groundedgrappling.com

Whatsapp Group

Click [HERE](#) to join the Grounded Grappling WinterCamp 2025 Whatsapp group! This is where you'll stay updated on any schedule changes, social events, and carpooling options.



Grounded Grappling End of Winter Camp 2025



Grounded Grappling Training Mentality

Respect: Everyone is here to learn, regardless of belt level. **Safety:** We prioritise injury prevention. Train smart, roll safe. **Community:** We're here to connect with fellow grapplers, learn, and have fun.

Good Things to Know: We'll have adequate seating for the campfire hangouts, but a headlamp or torch will make moving around camp at night way easier (and safer).

We'll have plenty of water available, so stay hydrated.

Respect nature – let's keep the Yarra Valley clean, peaceful, and beautiful.



#groundedgrapplingwintercamp2025

A mystery prize for the most ridiculous submission hit on your training partners

Showers

Experience the ultimate in camp comfort with our top-notch amenities, including clean, modern shower and bathroom facilities.

Gender-separated and thoughtfully maintained, these facilities ensure you're living in the lap of camp luxury—no bucket showers, no wilderness hacks—just warm water, proper toilets, and all the comfort you need after a full day of BJJ. It's all the rugged adventure of camp, minus the grime.



Camp Video Library

All classes will be recorded and made available to campers to keep the memory fresh. Our goal is to have a free video library full of epic camping training sessions. Double Click the image below for the sessions from our first Summer Camp.



Grounded Grappling

@GroundedGrappling · 112 subscribers · 9 videos

Welcome to Grounded Grappling – BJJ Camps & Video Analysis ...[more](#)

[instagram.com/groundedgrappling](https://www.instagram.com/groundedgrappling) and 2 more links

Subscribe

Camp Add-Ons

VIDEO ANALYSIS WITH OLI SMITH

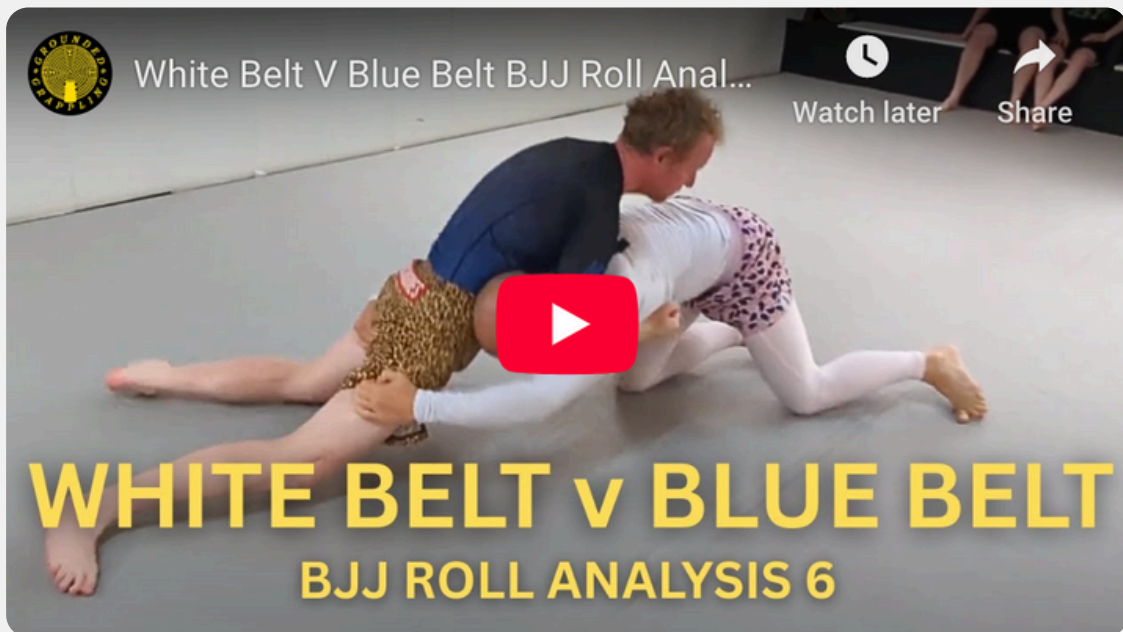
🔧 Get Smarter on the Mats – Oli Smith's Video Analysis for Just \$70

Level up your BJJ brain with in-depth video breakdowns from Oli Smith—head BJJ coach at Absolute MMA Collingwood and technical wizard behind Grounded Grappling.

These aren't your standard technique clips. Each video dives deep into the why and how behind elite-level movements, giving you a clearer roadmap to improve your own game. Pressure passing, guard retention, traps, timing—it's all covered in Oli's signature teaching style.

Normally \$100, campers can grab access for just \$70.

Want to see the vibe? Check out some examples below! Train hard. Study smarter. Add this to your camp kit—you won't regret it. [Book Now!](#)





CAMP MERCH

- Camp T-shirts: \$50
- Camp Dry Bag: \$39.99

