



## **ACC Tampa Bay Women's Group Self Defense Seminar**

**Community**



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On August 27, ACC Tampa Bay Women's Group, in partnership with [Robson Moura Brazilian Jiu-Jitsu](#), participated in their second seminar introducing participants to the sport of Brazilian jiu-jitsu to learn some basic self-defense techniques and to raise awareness of, and combat, domestic violence. Attendees had the privilege to have the seminar led by Robson "Robinho" Moura, himself, who is currently considered among the world's greatest accomplished jiu-jitsu athletes. Moura is a sixth-degree black belt in Brazilian jiu-jitsu and an eight-time World Champion. Now residing and headquartered in Tampa, Moura came from Teresopolis, a small town outside Rio de Janeiro, and began competing in the sport at the young age of 13.

An engaging instructor, Moura clearly explained several practical self-defense techniques, and attendees were able to practice directly with Robson and his assistant instructors, Webb Jones (Brazilian jiu-jitsu black belt, black belts in multiple martial arts, and husband of ACC Tampa Bay member Mory Jones) and sons, Kellen and Colby Jones (teen jiu-jitsu yellow belts), all of whom volunteered their time for this event. Attendees left the seminar feeling educated and empowered to better defend themselves.



Robson Moura, Brazilian Jiu-Jitsu instructor, with participants from the ACC Tampa Bay Women's Group Self-Defense Seminar.



Attendees make a fun jiu-jitsu pose for the camera.

The self-defense seminar helped to raise US\$400 for [The Spring of Tampa Bay](#). The Spring was founded in 1977 with a mission to prevent domestic violence, protect victims, and promote change in lives, families, and communities. It is one of Florida's largest certified domestic violence centers, with a combined emergency shelter and transitional housing bed count of 174 beds. Since its founding, The Spring has provided a safe haven and comprehensive supportive services to more than 60,000 abused adults and their children and has answered calls, day and night, from over 150,000 women in crisis.

ACC Tampa Bay extends its gratitude to Robson Moura and his instructors for their time and partnership with the chapter.

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