

## Seda brings Jiu Jitsu to Quincy

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Andrea Aldous says she's not much for working out and going to gyms, so she stumbled into an alternative - Brazilian Jiu Jitsu.

Brazilian Jiu Jitsu is a form of wrestling, which focuses on submissions. But for Aldous it is much more than that, it is a workout, a discipline, stress reliever and a form of self defense.

"I just wanted to take it to gain some confidence and be able to defend myself," she said.

But over the past few months, she has lost 20 pounds and has no plans of stopping now.

"I don't do gyms or workouts, but I do this," she said. "And no, I am not giving this up."

Aldous was fortunate that Jeremy Seda moved to town and opened Quincy Brazilian Jiu Jitsu to the public. Seda, a blue belt who moved from Tacoma, hooked up with the Quincy Recreation Department and QHS wrestling coach Greg

Martinez. Together, they were able to put on a summer camp and open up classes for both adult and youth.

For Seda, it was a dream come true, especially after he left Tacoma and T-Town MMA, where he trained.

"I've always wanted this to be my lifestyle," Seda said. "I am very blessed to be in Quincy and (affiliated) with Q-Town Rec. In a way, I'm doing what I've dreamed of."

He has classes three days a week at the Quincy High School wrestling room. Sunday opens with youth from 1:30-2:30 p.m. and adults following at 2:30-3:30 p.m. Monday and Wednesday classes are youth from 6:30-7:30 p.m. and adult from 7:30-8:30 p.m.

The cost is \$40 per month or \$60 for three months.

Seda wants commitment from his pupils, which is why a three-month membership is just \$20 more. He asks for one hour three times per week and Aldous can attest to what can happen in just 60 minutes.

"It's all muscle memory," she said. "Usually we do 45



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**Jeremy Seda works** an arm bar on student Andrea Aldous.

minutes of drills and 15 minutes of rolling, which is like a match.

"This is the best workout," she added.

Brazilian Jiu Jitsu was founded by Helio Gracie, who was just 95 pounds. This form of jiu jitsu does not rely on strength, but technique. The more you train and understand the offensive and defensive

moves, the more likley you can compete with anyone at any size.

"It's about leverage. It's not about strength at all," Aldous said, who spars against Quincy policeman Joe Westby. "I can flip him over my shoulder. That is pretty empowering."

Brazilian Jiu Jitsu also has a great side benefit - stress release. Seda said taking his

class after a tough day at home or work is ideal, because in one-hour all is forgotten. He doesn't want to hear you had a bad day and can't come to class.

"You need to be in class because you had a bad day," Seda said. "Ironically, it's a great stress relief."

For more information, log onto Seda's website: [www.quincybjj.com](http://www.quincybjj.com).