

About Us

Contributed by Rich Komar
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Komar Jiu Jitsu Academy is part of the Balance Studios and Relson Gracie networks. We exists to provide the gift of "The Gentle Art" to every family, in every community. We are located in Dorothy, N.J.

Jiu Jitsu has done so much for our instructors, students, families, and friends that we insist on spreading the good word to any that will hear it. The physical, mental, and spiritual changes that result from the practice of Jiu Jitsu and the resulting lifestyle result in confidence, pride and composure.

(MMA) and "no holds barred" competitions, but the true merit of Jiu Jitsu is its usefulness during situations anyone can experience. Jiu Jitsu is truly effective when used to end an altercation, not as a way to win a fight. The longer you are engaged in a fight, the greater the danger to you. You can be "winning" the fight and still be hurt or killed unexpectedly.

The street environment contains cars, stones, concrete, your foe's friends, and endless legal concerns. The longer you fight in this environment, the greater your risk of serious injury. It's much safer to use a technique that will avoid confrontation and allow escape than to attempt to knock a foe out. Practice Jiu Jitsu, it's safe and enlightening. Komar Jiu Jitsu Academy is the perfect environment for Jiu Jitsu practice. Our instructors love Jiu Jitsu and will make sure you will be able to practice defending yourself in an environment focused on safety and success.

You will be able to test yourself in the academy daily, and if that's not enough you will be able to compete in sanctioned events on our competition team. There's nothing like testing yourself against the best the world has to offer. What is Team Balance?

Team Balance is widely regarded as one of the elite martial arts schools in the world. Currently representing nearly 30 affiliates world-wide, the ever-growing network consists of 4,000 students, all of whom have been carefully selected through limited enrollment to represent the team. The exclusivity of membership fosters a familial environment that is unrivaled amongst competitors, and much sought out by those eager to learn from the best. Team Balance fighters run the gamut from average enthusiasts to world champion jiu jitsu competitors; some are professional fighters who have fought in esteemed mixed martial arts competitions like the UFC, while others have represented Team Balance at the prestigious ADCC championships.

The main hub of this top-notch school is located in Philadelphia, PA, and owned by Phil and Ricardo Migliarese, who are both 1st generation Gracie black belts. True American pioneers, the brothers have utilized their 40 years of combined martial arts experience, as well as the knowledge they gained while living and training with the legendary Gracie family, to build Team Balance into a multi-faceted university of the body and mind. Their systematic method of teaching consists of basic, intermediate, and advanced classes in yoga, jiu jitsu, and mixed martial arts, all with the expressed goal of sculpting the individual into a complete fighter. Achieving black belt status as a member of Team Balance is unlike achieving it anywhere else, in that here it represents not only your skills as a jiu jitsu practitioner, but also your ability to strike, your takedowns, and your overall character as a human being.

Join us, we have openings! RICHARD KOMAR Black Belt Instructor