

Mixed Martial Arts



Jiu-Jitsu Boxing Muay Thai Wrestling
Teaching Self-Defense & Discipline to all Ages!



Budo Jiu-Jitsu 796-7077
Monticello & Otisville, NY
Tots, Kids, Teens, Adults

*with Sensei Heath Macaluso, Head Instructor
Inducted into the Martial Arts Hall of Fame Jan. 2008*

Also:

Cardio Boxing
for Men & Woman

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"This program has changed my child's life!" -Heather Rajnert

"I lost 40 pounds in only 6 months. Budo is the real deal."-Guy Croce

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