



# NEWS RELEASE

## Albemarle County Police Foundation and Charlottesville Brazilian Jiu-Jitsu Celebrate 1 Year Anniversary

For Immediate Release  
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Charlottesville, VA – The Albemarle County Police Foundation (ACPF) in partnership with Charlottesville Brazilian Jiu-Jitsu (BJJ) started a jiu-jitsu program for Albemarle County police officers about one year ago. With the generous donation of a local donor, over 15 of Albemarle’s finest are learning Jiu-Jitsu, practicing and training with members of the community. The program is designed to help officers tactically, mentally and physically all while building relationships within the community.

Gordon and Anna Emery, owners of Charlottesville BJJ feel that helping create a better community is one of the best components of this partnership, “citizens and police officers engage together in a neutral space and begin to see and understand each other as humans.” Gordon also notes the many benefits of jiu-jitsu training for police officers, “not just the techniques themselves or the increased level of fitness officers experience, but also the increased confidence that they know what to do in difficult situations.” The benefits are recognized by the officers too. Master Police Officer Paul Quillon says “I have lost over 30 pounds and I am excited about coming back each class to see what I can learn.” BJJ is a martial art designed to use techniques (leverage, angles, pressure and timing) to gain submission of a subject. Jiu-jitsu focuses on staying calm and controlling oneself emotionally and physically, enabling the officers to get someone under control with the least force necessary. First Sergeant Tim Carrico notes “any time we can deal with a person in crisis or someone that we have to take into custody, and we can use the minimal force necessary, it is better for everybody involved.”

The BJJ program has been a huge success in community-building, fitness, stress reduction and an increase in tactical skills and confidence for the Albemarle County police officers who participate. The Foundation and Charlottesville BJJ plan to continue this program and hope to see it expand to more officers.

### About ACPF:

ACPF supports those who protect us and promotes public safety by supporting our Police Department in its efforts to be a professional, highly educated and trained organization, equipped to prevent crime and enhance the overall safety of our community. For questions or more information, please contact Kate Kaminski, Executive Director, 434.962.3001 or [kate@acpd.foundation](mailto:kate@acpd.foundation).

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