



## HPED Welcomes Spear Jiu Jitsu

HPED would like to welcome Spear Jiu Jitsu to Haverford Township. Co-owners Noah Spear and Lisa Isaacs opened their brand-new state of the art 3,200 square foot facility located at 1025 West Chester Pike in September.

Noah has been practicing Jiu Jitsu for 24 years and holds multiple competition titles including winning the IBJJF World Championships in Brazil. His years of experience lend themselves to his quality and style of teaching. Lisa began her Jiu Jitsu training 6 years ago as one of Noah's students and quickly realized it was something she wanted to embrace as more than just a hobby or exercise program. Lisa and Noah became business partners and decided to combined Spear Jiu Jitsu's two locations in Bryn Mawr and Philadelphia into one larger, more complete facility. When they saw the space in Havertown, they immediately knew it was the perfect place for them. "We immediately felt like a part of the community and are excited to be able to give more to our students through this beautiful new facility," they explained.



Spear Jiu Jitsu offers a wide variety of classes at the beginner, intermediate and advanced levels as well as self-defense training. Students can begin as early as 4 years old in their very popular "Little Spiders" program. They offer a free trial to anyone that is interested in trying a class. According to Noah, their goal is to "create a caring environment where everyone feels welcome. It is about more than just learning new skills, training or getting exercise, it's about building a community." For more information about their classes, please visit their website [www.spearjj.com](http://www.spearjj.com)