

Profile – Trainer-Profile and Sporting Career



Prof. Demetrio Meillaud Vacirca

Personal details

Prof. Demetrio Meillaud Vacirca

Co-founder and Technical Director (TD)

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Awards and Certifications

- Faixa Preta 6th degree (USBJJF – Grandmaster Joe Moreira)
- Faixa Preta 5th degree (IBJJF – International Brazilian Jiu-Jitsu Federation)
- Faixa Preta 5th degree (JJGF – Jiu-Jitsu Global Federation, Rickson Gracie)
- Muay Thai Boxing, Khun Kru (Associated Level) (WTBA, Ajarn Surachai "Chai" Sirisute)
- PFS-JKD Instructor (Sifu Paul Vunak)
- Filipino Martial Arts (Teacher degree)
- J+S Youth and Sports Leader, Children's Sports, BASPO
- Certified Trainer for Exercise & Health DIPLOMA

Sports career

1982 Wing Chun, with Franco Vacirca (Sifu Rolli Krauer, KARK; Sifu Carlos Perez, PAMA).

1987 JKD – Jeet Kune Do / Kali (Filipino Martial Arts), Sifu José Maria Fraguas (Madrid)
Sifu/Guro Dan Inosanto (USA), Ajarn Surachai Sirisute (USA)

1989 PFS – Progressive Fighting Systems, Sifu Paul Vunak (USA)

1991 Gracie Jiu-Jitsu, Mestre Rorion Gracie (USA), Mestre Royce Gracie (USA)

Founder/co-founder and development of the Vacirca Academy I One Dojo Zürich GmbH

- 1988 Founding of the training group (Filipino Kali-JunFan Gung-Fu) at Fitness-Gym 41, Glattbrugg-Zurich, under the supervision of Sifu J.M. Fraguas.
- 1989 Founded and established the Vacirca Academy / International Vacirca Martial Arts Academy (Triangle Academy, 2004) together with his brother Franco Vacirca, known to this day as the Vacirca Brothers.
- Promotion and dissemination of JKD – Jeet Kune Do / Filipino Kali in Europe (workshops in Italy, Spain, France, Great Britain, Germany).
Teacher training in Muay Thai Boxing under Ajarn Chai Sirisute, World Thai Boxing Association; certification (July 2000) as MTB Khun Kru (Associated Level) under Grand Master Chai Sirisute.
- 1995 Opening of the first official Brazilian Jiu-Jitsu Academy in Europe.
Promotion and dissemination of Gracie Jiu-Jitsu / Brazilian Jiu-Jitsu in Europe. (Workshops in Italy, Spain, France, Great Britain, Greece, Germany, and Switzerland.)
- 1996 Participation in the 1st World Championship in Rio de Janeiro. Prof. Demetrio Meillaud achieved 4th place in the black belt category, weight class up to 65 kg.
- Black belt certificate from GM Carlos Gracie Junior, President of CBJJ/Bras. Umbrella organization for BJJ. Prof. Demetrio Meillaud Vacirca is an honorary member and co-founder of the IBJJF/International BJJ Federation (as co-founder and representative of the Swiss BJJ Association).
- Founded the first European BJJ association (now known as Gracie Concepts® Network – www.graciejiujitsu.eu) with his brother Franco.
- 2013 Certified Trainer Mobilization & Health DIPLOMA in the areas of Endurance and Strength-Training, Training-Theory, Health and Prevention – health promotion, Running-ABC, Sports-Coaching, Nutrition, Progressive Muscle Relaxation (PMR) according to Dr. E. Jacobson, Head of Nordic Walking by Ryffel (Switzerland), Training Course for Trainers (certificate level 1), BASPO Switzerland).
- 2017 School Sports – Self-Defense course in the canton of Thurgau | Gracie Jiu-Jitsu / Brazilian Jiu-Jitsu.
- 2023 Prof. Demetrio is the technical director at One Dojo Zürich GmbH (aka Vacirca Academy). He supports his brother, Franco, and the coaching team with his many years of knowledge and expertise.
Prof. Franco Vacirca founded and owned One Dojo Zürich GmbH. He has opened two new training locations in Zurich City and Zurich Höngg, offering a new GJJ program with an almost weekly schedule.

Media

DVDs and articles – Budo International – Martial arts magazine

Since the 1990s, the Vacirca Brothers have produced educational DVDs in collaboration with Budo International. Professor Franco owns a monthly column and contributes with the magazine translations, from English to German language. Link: www.budointernational.com

Book | Author

Sons of Maeda – Gracie Jiu-Jitsu Unlocked. Available in 3 languages: English, German and Spanish | Author: Prof. Franco Vacirca, published and available from BoD Bookshop. Link:

<https://buchshop.bod.de/catalogsearch/result/?q=franco+vacirca>

Personal Values

- Discipline
- Humility
- Courtesy
- Patience
- Clarity

Philosophy

"Jiu-Jitsu doesn't end on the mat. In life, you can either let pressure break you or help you grow. Every setback is just an invitation to come back stronger."

Online

- Gracie Europe: <https://www.graciejiujitsu.eu>
- Gracie Zurich: <https://www.graciezuerich.ch>
- Gracie Concepts® – Online University: <https://graciejiujitsu.mykajabi.com>