

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)
- 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 International Vacirca Martial Arts Academy

- 1988 Founding of the training group (JKD-Kali-MuayThai) 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 GmbH, 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 I Gracie Jiu-Jitsu / Brazilian Jiu-Jitsu.
- 2023 Prof. Demetrio is the technical director of the Vacirca Academy in Zurich. 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 GmbH, renamed Vacirca Jiu-Jitsu Academy GmbH in 2026. 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>