

# Profile – Trainer-Profile and Sporting Career



## Prof. Franco Vacirca Garcia

### Personal details

Prof. Franco Vacirca Garcia

Founder and owner (CEO)

Date of birth: April 2, 1969

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### Awards and Certifications

- Faixa Coral 7<sup>th</sup> degree  
(USBJJF - Grandmaster Joe Moreira)
- Faixa Preta 6<sup>th</sup> 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)

### Sports career

- 1981 Wing Chun, Sifu Mischa Geiger, Sifu Rolli Krauer (KARK), Sifu Simon Lau (UK)
- 1984 Wing Chun, Sifu Carlos Perez (PAMA), Duncan Leung (USA)
- 1986 Bujinkan Ninjutsu, Shidoshi Augustin Martínez, GM Masaaki Hatsumi (Japan)
- 1987 JKD – Jeet Kune Do / Kali (Filipino Martial Arts), Sifu José Maria Fraguas (Spain)  
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)
- 1997 Training with GM Pedro Hemetério, (SP, Brazil)  
(Diploma in 2009, as “Professor” and 5th degree black belt, FJJ. Rio de Janeiro)

## Founder/co-founder and development of the Vacirca Academy | International Vacirca Martial Arts Academy

- 1988      Founded the training group (JKD-Kali-MuayThai) at Fitness-Gym 41, Glattbrugg-Zurich, under the supervision of Sifu J.M. Fraguas.
- 1989      Founded and developed the Vacirca Academy / International Vacirca Martial Arts Academy together with his brother Demetrio Meillaud 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.
- 1991      Following a seminar with Sifu Paul Vunak (PFS-JKD-Kali) in Switzerland, Brazilian Jiu-Jitsu from the Gracie family was officially integrated into the teaching program at the Vacirca Academy, marking the start of the official Vacirca Brothers BJJ training group.
- 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 at the 1st World Championship in Rio de Janeiro. Prof. Franco Vacirca achieved 4<sup>th</sup> place in the black belt category, weight class 100,5+ kg. Black belt certificate from GM Carlos Gracie Junior, President of CBJJ/Bras. Umbrella organization for BJJ. Prof. Franco Vacirca is an honorary member and co-founder of the IBJJF/International BJJ Federation and as founder and representative of the Swiss BJJ Association.  
Together with his brother Demetrio Meillaud Vacirca, he founded the first European BJJ association (today known as Gracie Concepts® Network – [www.graciejiujitsu.eu](http://www.graciejiujitsu.eu)).
- 1997      Training in security and personal protection. Qualifications include Professional planning, organization, and implementation of protective measures for individuals and groups in various areas of operation. This includes risk analysis, prevention concepts, de-escalation techniques and the physical and psychological protection of individuals in sensitive or challenging situations.  
  
Long standing collaboration with employees from Special Task Forces, as German SEK-Special Forces, GEO, GIG, British SAS, Members of the Pontifical Swiss Guard (Vatican) and other SWAT and military units, which continues to this day.  
The Gracie Concepts® program is now also officially taught in Berlin at the police academy in “practice-oriented self-defense.” References are available upon request.
- 2023      Founder and owner of One Dojo GmbH, renamed Vacirca Jiu-Jitsu Academy GmbH in 2026. Opened two new training locations in Zurich City and Zurich-Höngg with a new GJJ program and 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](http://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

- Loyalty
- Discipline
- Patience
- Courtesy
- Courage
- Clarity

## Philosophy

“Jiu-Jitsu promotes ego management by accepting defeat on the mat and learning from it. It encourages a relaxed but focused attitude. Without respectful behavior on and off the Tatame mat, Jiu-Jitsu cannot be learned.”

## Online

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