



The Gracie US Nationals Return to The 2009 Los Angeles Fitness Expo™, January 24-25 at the Los Angeles Convention Center

Gracie to Launch Kids World Championship at 2009 Expo

(Los Angeles, Calif...September 29th, 2008) In 2008, **The Gracie US Nationals** set a new standard for jiu-jitsu and submission wrestling tournaments by presenting in conjunction with California's largest fitness event, **The Los Angeles Fitness Expo**. At **The 2009 Los Angeles FitnessExpo™** presented by **Gaspari Nutrition** and **Bodybuilding.com**, Saturday and Sunday, January 24-25 to the Los Angeles Convention Center, 1201 South Figueroa Street, South Halls G & H, in addition to the US Nationals, Gracie will be adding an exciting new competition, **The Gracie Kid's World Championships**.

"We're honored to once again be working with Rose Gracie from the legendary Gracie family and hosting the Gracie US Nationals," said **The Los Angeles Fitness Expo** Executive Director, Erin Ferries. "They were such a tremendous success at this year's event, and we see them as a cornerstone of our 2009 weekend."

Rose Gracie, President of **The Gracie US Nationals**, said, "**The Los Angeles Fitness Expo** audience is our audience, and we're delighted to return in 2009 with both competitions. Our desire is that **The Gracie Kids World Championships** will identify, support and encourage the jiu-jitsu and wrestling champions of tomorrow, which is essential to the future of the sport."

Gracie will once again work with **The Los Angeles Fitness Expo** to create the ideal environment and venue for top-notch competition. **The Los Angeles Fitness Expo** is bringing industry leaders together for a weekend of jiu-jitsu, grappling, mixed martial arts, fitness challenges, street dancing, boxing, sumo wrestling and much more.

Other new **2009 Los Angeles Fitness Expo** events include:

- **Wardance Entertainment presents the AMERICAN STREET DANCE CHAMPIONSHIPS** where the best street dancers in the world will come to battle in Locking, Popping, BBoying and Hip-Hop competitions. ASDC will take place on Sunday January 25th. Also featured will be master street dance classes with celebrity guests.
- **Joe Wheatley Productions and USA Boxing** will present 12 live boxing matches on Saturday, January 24.
- The inaugural **FITEXPO SUMO GRAND PRIX**, an International Sumo tournament. Event host, Troy Collins, President & Trustee of the United States Sumo Federation brings his world-class competitors to the **Los Angeles Fitness Expo** stage in one of the oldest and most revered sports in the world.

Expo attendees will also cheer on competitors participating in returning contests including **The Iron Man Pro XX, All American Strongman Challenge, The Scot Mendelson Pro Bench Press Classic** and **USPF American Cup Powerlifting**. **The Gladiator Challenge** will offer a great card of MMA bouts as well.

The Los Angeles Fitness Expo offers something for everyBODY! Attendees will find over 250 exhibits offering the newest in fitness, diet, nutrition, strength and wellness products and services. During both days of the Expo, many leading fitness professionals will be presenting educational seminars and demonstrations on subjects such as proper nutrition and dieting, exercise philosophies, making health and fitness your business and many more.

Adult admission tickets are \$15 per day or \$20 for the full weekend, children 12 years and under are \$5 per day and children under six are free. Show hours are Saturday, 9:30 AM – 6:30 PM and Sunday, 10 AM – 5 PM. Plenty of parking is available. For more information on ticketing, exhibiting or sponsorship opportunities call (818) 545-0290 or visit www.thefitexpo.com.

For more information on these events please visit www.gracietournaments.com

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