



# ANDRÉ SATO

JOURNALIST | SELF DEFENSE COACH

## ABOUT

Communication specialist who applies this skill to transfer the martial art knowledge to people. Athlete since child, thirty two years following the principles of Judo and Jiu-Jitsu and establish it as a mindset as well as a way of life. Brazilian Jiu-jitsu coach living for 5 years in Qatar. Three years of experience working at Qatar Armed Forces - NSA(National Service Academy).

## PROFESSIONAL SKILLS

- English, Portuguese, Spanish, French
- 1st degree Brazilian Jiu-Jitsu black belt
- IBJJF(International Brazilian Jiu-Jitsu Federation) certified black belt
- Judo background
- Capoeira experience

## NACIONALITY

Brazilian  
42 years old  
São Sebastião, São Paulo

## EDUCATION

- Journalism/2002 - Universidade Bandeirante de São Paulo
- Publicity/2004 - Universidade Bandeirante de São Paulo
- Journalistic Communication/2006 - Faculdade Csaper Libero

## CONTACT

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West Bay, Doha - Qatar

## SOCIAL

@mr.sato13  
@graciebarrawestbay

## WORK EXPERIENCE

COACH SELF DEFENSE | BRAZILIAN JIU-JITSU  
Qatar Armed Force , Doha | 2017 - 2020

- Departament self defense.

Calasans Brazilian Jiu-Jitsu | 2013 - 2016

- Self Defense Coach, Brazilian jiu-jitsu, Children jiu-jitsu Coach, Coach for high performance athletes.

COMMUNICATION PUBLICITY  
Plus Communications Publicity | 2009 - 2012

- Communication Department

Government of Sao Paulo State | 2007 - 2008

- Communication Department

## COURSES

- CPR/AED Certificate
- ACE(American Council of Exercise) Certified Group Fitness Instructor
- ACE(American Council of Exercise) Certified Personal Trainer
- IBJJF Rule Webnar - 2022





## CERTIFICATES





