



FLEOA 111 Project Newsletter

April 2026

WELCOME

On behalf of everyone at the Federal Law Enforcement Officers Association 111 Project, we want to thank you for subscribing to the FLEOA 111 Project Newsletter, the official publication of the 111 Project designed to inform subscribers of events, news, and article drops.

NEWS

On March 26 and 27, 2026, the FLEOA 111 Project hosted a highly successful two-day jiu-jitsu seminar at Chango Brazilian Jiu-Jitsu in Summerville, South Carolina, just outside of Charleston. Fifty federal and state law enforcement officers from 16 states gathered for intensive, practical law enforcement control tactics, self-defense techniques, and a bit of sport jiu-jitsu for fun and camaraderie. The atmosphere was high-energy and professional, while remaining lighthearted and enjoyable; as one attendee noted, "I had more fun than I could have ever imagined."



President/co-founder Larry Cosme organized a fantastic training seminar led by Lead Instructor Brian Bowers and Vice President Felecia Bowers. Juan Cosme, a longtime 111 Project advocate, also provided tremendous support and encouragement throughout the event.

The positive impact of the seminar was immediate. One student remarked, "The instruction was literally the best I've ever experienced," a sentiment echoed by another student, who added, "The instructors were amazing - probably the best jiu-jitsu instruction I have ever received." Even for those who teach others, the seminar provided new depth, especially for physical tactics instructors in attendance. As one agency

instructor in attendance reflected, "The instructors and instruction were far beyond my expectations. [The] training has made me a better instructor."



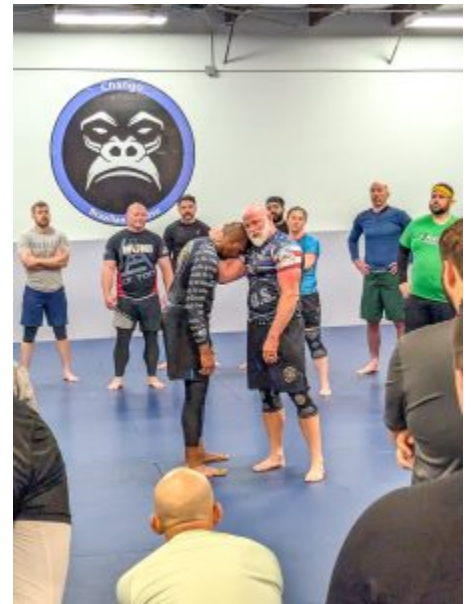
The connection between the instructors and the students was a highlight for many. One student observed, "Brian has been an incredible instructor and Felecia's ability to specifically connect with the female students was truly impressive. You could see how much they respect her. As a team, you all are inspiring." This sentiment was shared by returning students, like one who noted, "This was my second time attending this training... their delivery and explanations make everything manageable, even if the move at first seems impossible."

Special thanks go to Professor Chris Popdan and the entire team at Chango Brazilian Jiu-Jitsu for their outstanding hospitality, coaching, and support of the 111 Project's mission.

We are also deeply grateful to the Federal Law Enforcement Officers Association for its continued backing, as well as our generous sponsors and partners who make these valuable trainings possible:

- Federal Injury Centers
- ProFeds
- FedImpact Retirement Workshops by ProFeds
- Blauer

The mission of the FLEOA 111 Project is to promote jiu-jitsu training among law enforcement officers and agencies nationwide. Decades of real-world data show that jiu-jitsu dramatically improves officer safety while significantly reducing agency liability in use-of-force encounters. As an added benefit, consistent training supports physical, mental, and emotional wellness.



As with all 111 Project seminars, our student body was limited exclusively to law enforcement. Most attendees were beginners with little or no prior experience, though approximately one-third were color-belt practitioners. Jiu-jitsu is the single most effective martial art for women in law enforcement, so we are especially proud that more than 40% of the students were female. This student body composition is consistent across all FLEOA 111 Project seminars.

Want to see more pictures? Click here to view the full Photo Album: [Photo Album](#).

If your agency is interested in hosting a future seminar, please reach out to us at 111project@fleo.org. To learn more about the FLEOA 111 Project, visit us at FLEOA111Project.org.

RECENT ARTICLES

President Roosevelt Wants You to Train Jiu-Jitsu: His Influence on Law Enforcement Training



“The art of Jiu-Jitsu is worth more in every way than all of our athletics combined.” These inspiring and true words were written in 1905 by President Theodore Roosevelt, a war hero, Medal of Honor recipient, and Nobel Peace Prize winner who was also an honorary 8th dan judo black belt, awarded posthumously by the United States Judo Association in 2007. Of course, most know him as the 26th President of the United States. [[READ MORE...](#)]

UPCOMING EVENTS



[Jiu-Jitsu Seminar for U.S. Probation and Pretrial Services Instructors](#)

September 2 and 3, 2026 in Roanoke, Virginia

Join the FLEOA 111 Project in the heart of the Blue Ridge Mountains for a 2-day Jiu-Jitsu for Law Enforcement Instructors Seminar on September 2 and 3, 2026. No experience is necessary. This is an agency-hosted event for U.S. Probation and Pretrial Services physical tactics instructors only. Follow the link for information on registering.

WEBSITE UPDATES

The website is under continuous development to deliver meaningful information in the most direct, "no-frills" manner possible. Here are the most recent updates:

ADDED a [Testimonials](#) page.

ADDED picture galleries for past events and seminars on the [Events](#) page.

MERCHANDISE

Short-sleeve rash guards and a new t-shirt design dropped just in time for the Charleston Seminar. Although sold out, we expect to have a full inventory by mid-May 2026. Check back soon and make sure to follow us on social media for store announcements.



FUNDRAISING & SUPPORT

FOLLOW - SHARE - SUBSCRIBE

We are diligently working to increase our reach so we need your assistance. Please consider visiting our [social media sites](#), following our pages, and sharing our content and newsletters with law enforcement officers, physical tactics instructors, and jiu-jitsu practitioners who support local, state, and federal law enforcement. This will allow them to subscribe and gain access to new articles, events, literature reviews, and other information related to our mission.



SPONSORS & PARTNERS

The FLEOA 111 Project thanks our corporate sponsors for supporting our mission to inspire law enforcement officers to train in jiu-jitsu. Together, we can make a meaningful impact. Please support our sponsors, and if you know of a business that would like to work with the FLEOA 111 Project, check out our [Donate](#) page for more information.



The Federal Law Enforcement Officers Association (FLEOA) is a nonpartisan, nonprofit organization that represents federal law enforcement officers. Their mission is to promote, advance, and improve the welfare, working conditions, and other interests of these officers. They act as a voice for federal law enforcement, advocating for their needs within agencies, in communities, and on Capitol Hill. FLEOA also provides legal assistance and support to its members.



Federal Injury Centers support injured federal employees by providing care, treatment, and assistance with workers' compensation claims. Their mission emphasizes treating and educating federal employees about their rights and responsibilities.



Blauer delivers "Uncompromising Performance" through innovative, mission-ready apparel for law enforcement, fire, and EMS professionals. A family-owned American leader since 1936, they prioritize first responder safety and comfort by combining advanced fabric technology with a deep commitment to supporting those who serve our communities.



ProFeds is the leading source for candid, no-nonsense federal employee retirement training through its flagship program, the FedImpact Workshop. Our team also provides training and support to financial professionals who have chosen to specialize their practice to serve federal employees.