



# Heather Willis

Women's Head Coach

Kids Coach

Blue Belt

Heather, originally from Inola, OK is a dedicated kids coach in the Culture Kids program. Growing up, Heather was always active in sports playing basketball, softball and track thriving in competitive environments with a strong love for team-based activities. Her journey into Jiu Jitsu began when her daughter Adley started training in April 2023. Adley quickly developed a passion for the sport and soon after, Heather realized Jiu Jitsu was more than just a sport - it was a lifestyle, a family and a source of passion. Her daughter's passion for the sport inspired Heather and her husband to start, despite her initial hesitation in a male-dominated environment. As a female coach Heather's passion for Jiu Jitsu extends beyond just herself. She's deeply committed to be a role model for young girls, showing them that size doesn't define strength. "I'm tiny and can still take on the big guys" she says encouraging them to believe in themselves and seek her mentorship. Heather was awarded her Blue Belt from Professor Luiz Rodriguez in December 2024. Heather is married to her husband Jorge and has 3 daughters, Mariana, Adley and Ilithyia and live in Yukon.