



TIKAN
JU-JITSU

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🌀 Beginner Program for Kids 6-12 🌀



**Kids will learn the basics of the Gentle Art which include:
Personal Awareness, Self Defense, Striking, Blocking,
Kicking and Ground Work.**



- 🌀 Start Date: January 3rd, 2015
- 🌀 Time: Saturdays 9:45am-10:30am
- 🌀 Cost: \$35 per month for members \$55 for non members



Some benefits of JU-JITSU Training for children include:

- Increased self-protection
- Improved self-esteem
- Builds self-confidence
- Teaches discipline
- Teaches self-control
- Teaches life skills
- Increases fitness level
- Students train in a fun and friendly environment



INSTRUCTOR: Sensei Tyrone Abdul 4th Degree Black Belt with over 23 years experience teaching.

Phone #: 402 965-1194