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Jiu Jitsu

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## 🌀 Intermediate 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 10:30am-11:30am
- 🌀 Cost: \$40 per month for members \$60 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.

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