



# BRAZILIAN JIU-JITSU

KIDS FUNDAMENTAL  
PROGRAMME



A FUN, FRIENDLY AND SAFE ENVIRONMENT FOR ALL AGES

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## **BENEFITS OF MARTIAL ARTS FOR CHILDREN**

**ANTI-BULLYING TEAM BUILDING**  
**GAIN CONFIDENCE** LOSE WEIGHT  
SELF DEFENSE MAKE NEW FRIENDS  
**LEARN NEW SKILLS** GET FIT **LEARN DISCIPLINE**  
LEARN A HEALTHY LIFESTYLE

### **CLASS TIMES**

**WEDNESDAY 5PM-5.45PM**  
**SATURDAY 10AM-10.45AM**

**ADULT BEGINNER'S COURSE STARTS  
MONDAY NOVEMBER 13TH**

PLEASE GET IN TOUCH FOR INFORMATION ON OUR ADULT CLASSES