

JIU-JITSU CLASSES

Jiu-Jitsu focuses on the fundamentals of grappling, self-defense techniques and effective ground fighting strategies. You will learn a variety of positions, submissions and escapes, emphasizing technique control and situational awareness.

\$60

per month for one
class per week

Tuesday or Thursday

All skill levels

6:30-7:30 p.m., ages 5-15 years old

7:30-8:30 p.m., ages 16 and older.

Friday

Adult Beginner

6:30-7:30 p.m., ages 16 and older.

Adult Advanced

7:30-8:30 p.m., ages 16 and older.



Size is limited to 20 per class, so register now!
Scan here to register and pay:



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For more information, call 081-811-6721 | DSN 629-6721.

