

INTRO TO JIU JITSU



THURSDAY EVENINGS

JANUARY 17 -

FEBRUARY 21

TIME:

7:00 - 7:45 P.M.

500 CASCADE PLACE, TAFT

763-4246 765-6677

INSTRUCTOR: JOHN DODSON

This martial arts class focuses on the technical application of submissions, sweeps, throws & positional control. This allows a smaller person to defeat a larger opponent.

Designed to introduce students to the basics of standing and ground grappling and to provide a solid foundation of Jiu Jitsu sport & self defense.

FEE:

\$45 PER PERSON

LOCATION:

ASSEMBLY ROOM

AGES: 15+

MINIMUM OF 5 REGISTERED PARTICIPANTS BY JANUARY 10 OR CLASS WILL BE CANCELLED

