

KIDS BRAZILIAN JIU-JITSU



EST. 2021

BRAZILIAN JIU-JITSU

CALL US TODAY
AND BOOK A
FREE TRIAL
CLASS



"THE GREATEST GIFT A PARENT CAN
GIVE A CHILD IS SELF-CONFIDENCE."

KIDS AS YOUNG AS 4 YEARS OLD AND ABOVE ARE
WELCOME TO START TRAINING, AS A YOUNG BJJ
PRACTITIONER, KIDS WILL LEARN :

- LISTENING TO INSTRUCTIONS
- FOLLOWING INSTRUCTIONS
- RESPECT YOUR COACH AND PEERS
- BASIC EXERCISING AND TECHNIQUES
- BJJ RULES AND BOUNDARIES
- BASIC SPARING



STAFF Have:

Working with children and
vulnerable people checks

Police Checked
First Aid and CPR Certified

