KIDS BRAZILIAN JIU-JITSU



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CALL US TODAY AND BOOK A FREE TRIAL CLASS

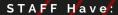




"THE GREATEST GIFT A PARENT CAN GIVE A CHILD IS SELF-CONFIDENCE."

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



Working with children and vulnerable people checks

Police Checked
First Aid and CPR Certified



