

MMA JIU-JITSU

At Submit! Brazilian Jiu-Jitsu Academy, our Kids Martial Arts Program gives your child the opportunity to develop:

Courage – Respect

Self Control – Discipline

WHILE AT THE SAME TIME HAVING FUN! THROUGH OUR PROGRAM YOUR CHILD'S CONCENTRATION, COORDINATION AND FITNESS LEVEL WILL ALSO INCREASE. WHAT WE OFFER IS A MARTIAL ARTS PROGRAM SPECIFICALLY DESIGNED FOR KIDS UNDER THE AGE OF 14.

THIS PROGRAM FOCUSES ON IMPROVING YOUR CHILD'S LISTENING AND MOTOR SKILLS. THESE SKILLS WILL HELP THEM ENTER SOCIETY WITH MORE CONFIDENCE AND ENTHUSIASM. THERE ARE EIGHT MAJOR SKILLS

OUR INSTRUCTORS FOCUS ON WHEN TRAINING CHILDREN. THESE ARE:

FOCUS, TEAMWORK, CONTROL, BALANCE, MEMORY, DISCIPLINE, FITNESS AND COORDINATION. EACH CLASS WE COVER ONE OF THESE SKILLS WITH A WIDE VARIETY OF ACTIVITIES THAT ARE FUN AND AT THE SAME TIME EDUCATIONAL. ALL SKILLS ARE TAUGHT IN A SAFE AND SUPERVISED ENVIRONMENT.

AT SUBMIT! WE ALSO OFFER:

- * ADULTS GI JIU-JITSU
- * KIDS JIU-JITSU
TUES AND THURS 5PM-5:45PM
- * ADULTS NO-GI JIU-JITSU
- * MIXED MARTIAL ARTS (MMA)
- * PERSONAL INSTRUCTION
AVAILABLE!

For more information:

www.submitbjj.com

(203) 918-2636

