

*Date: 01/16/2010*

*Time: 10:00am to 2:00 pm*

*Date: 04/17/2010*

*Time: 10:00am to 2:00 pm*

*Date: 08/07/2010*

*Time: 10:00am to 2:00 pm*

*Date: 11/06/2010*

*Time: 10:00am to 2:00pm*



1045 Fernwood Glendale Road

Spartanburg, SC 29307

(864) 591 0793



*Minimum effort - Maximum result*

## **Fundamentals of Jiu Jitsu**

### **Jiu Jitsu**

The most effective way to easily and quickly subdue an attacker with minimum effort.

Come join us and learn the basics. Learn skills that boost confidence, self esteem, and improve fitness while having fun.

Course content includes:

- **Grab Defense** - Free yourself from the grip of an assailant
- **Basic Throwing** - Put your opponent on the floor with little to no effort
- **Basic Restraint Techniques** - Pin down your attacker using joint locks
- **Kuzushi** - Throw your opponent off balance - Crucial for effective throws and take downs
- **Break Falling** - Learn to fall safely from throws

Sign up for any date offered (see side panel for dates)

Cost \$20 per person

Regular training times:

**Jitsu**