

WHY JIU JITSU FOR KIDS?

Jiu Jitsu is more than just a martial art, it's a journey that helps kids develop crucial life skills such as confidence, discipline, and problem-solving. It's an exciting and rewarding way for children to stay active, build self-esteem, and learn valuable lessons that last a lifetime.



WHAT CAN YOUR CHILD EXPECT IN THEIR TRIAL CLASS?

- ✔ **Basic Techniques:** Foundational movements such as positioning, control, and balance.
- ✔ **Self-Defense:** Simple and effective self-defense techniques to help their confidence.
- ✔ **Teamwork & Respect:** Jiu Jitsu emphasizes working with partners and learning in a respectful, cooperative environment.
- ✔ **Fun & Engagement:** Our classes are designed to keep kids engaged and excited.

It's important for children to have input or decision making in their activities, but as parents, we know how crucial it is to guide them toward opportunities that foster growth. Time is our most precious commodity, and it slips away faster than we realize. As parents, we have a unique window of opportunity to make decisions that can positively shape our children's futures. When children are young, they are more receptive to our guidance and more open to learning new skills. As they grow older, their interests and schedules become more complex, making it harder to seize such opportunities.

There was a study published via PubMed. The study was conducted over the course of 5 months, with 113 participants who participated and practiced Jiu Jitsu, the results showed those who trained in Jiu Jitsu had displayed increased self-control and pro-social behaviour vs those that didn't train. Also the Jiu jitsu practitioners had a decline in aggressiveness vs those who trained other activities such as MMA or didn't train at all.

WHY CHOOSE OUR ACADEMY?



Certified Instructors: Experienced and patient instructors who specialize in teaching kids.



Structured Curriculum: We follow a belt system that motivates children to set goals and achieve milestones.



Clean and Safe Facility: Our academy features clean, spacious mats and a welcoming environment where kids can train safely.



Supportive Community: Your child will become part of a positive and encouraging community where they can grow at their own pace.

