



KIDS SELF DEFENSE CLASS IN ACTION with STUDIO JEAR

STUDIO JEAR KIDS SELF DEFENSE CLASSES
with
Master Katherine

MONDAYS AT JJVA!

August 13th August 27th
(Ages 5 – 13)

TIME: 5:45PM TO 6:45PM

**KIDS SELF DEFENSE
CLASSES**

Teaching our young people how to stay safe in all
situations!

Studio Jear is PROUD to announce Kids Self Defense with **Sensei Katherine (4th Degree Black Belt)**! Your children will learn the verbal, mental and physical skills needed to keep them safe and to avoid situations that can end tragically.

*Teaching kids to work the strongest muscle they have – their
brains!*



Kids will learn thinking tools to avoid certain situations and how to protect themselves from the unavoidable.

Please dress children in loose comfortable clothing. Sneakers – no flip flops or sandals!

COST: \$5.00 per class



Kids will learn methods on how their actions or actions of others make other people feel.

QUESTIONS?

Contact Studio Jear
Phone: (904) 733-3724
Email:
zumbajear@yahoo.com

**STUDIO JEAR GROUP
FITNESS**

PHONE: (904) 733-3724

Email:
zumbajear@yahoo.com