



KIDS SELF DEFENSE CLASS IN ACTION with STUDIO JEAR

**STUDIO JEAR KIDS SELF DEFENSE CLASSES**  
with  
**Master Katherine**

**MONDAYS AT JJVA!**

**JULY 2nd JULY 16th**

**JULY 30th** (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  
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Email:  
zumbajear@yahoo.com

**STUDIO JEAR GROUP FITNESS**

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