



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  
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Email:  
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STUDIO JEAR GROUP  
FITNESS

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