



KIDS SELF DEFENSE CLASS IN ACTION with STUDIO JEAR

STUDIO JEAR KIDS SELF DEFENSE CLASSES with Master Katherine



MONDAYS AT JJVA!

January 7th – 5:45pm to 6:45pm

January 14th – 5:45pm to 6:45pm

January 28th – 5:45pm to 6:45pm

(Ages 5 – 13)

KIDS SELF DEFENSE CLASSES

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

Studio Jear brings you Kids Self Defense with **Master 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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STUDIO JEAR GROUP
FITNESS

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