



KIDS SELF DEFENSE CLASS IN ACTION @ STUDIO JEAR

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



WEDNESDAYS AT JJVA!

Sept 6th & Sept 20th!

5:45PM TO 6:45PM

**KIDS SELF DEFENSE
CLASSES**

- 5 – 13 years of age

**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. Being small does NOT mean you are helpless!



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



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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