



SATELLITE
LOCATION - JJVA



KIDS SELF DEFENSE CLASS IN ACTION @ STUDIO JEAR

STUDIO JEAR INTRODUCES KIDS SELF DEFENSE CLASSES with Master Katherine



WEDNESDAYS AT JJVA!

DECEMBER 6th
DECEMBER 20th (Ages 5 – 13)
DECEMBER 27th
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

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