



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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