



KIDS SELF DEFENSE CLASS IN ACTION @ STUDIO JEAR

STUDIO JEAR KIDS SELF DEFENSE CLASSES with Master Katherine



MONDAYS AT JJVA!

FEBRUARY 5th

(Ages 5 – 13)



FEBRUARY 26th

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:
zumbajear@yahoo.com

STUDIO JEAR GROUP
FITNESS

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