



KIDS SELF DEFENSE CLASS IN ACTION with STUDIO JEAR

STUDIO JEAR KIDS SELF DEFENSE CLASSES
with
Master Katherine



MONDAYS AT JJVA!

MAY 7th
MAY 21st (Ages 5 – 13)

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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