



KIDS SELF DEFENSE CLASS IN ACTION with STUDIO JEAR

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

**MONDAYS AT JJVA!**

**November 12th – 5:45pm to 6:45pm**

**November 26th – 5:45pm to 6:45pm**

**(Ages 5 – 13)**

**KIDS SELF DEFENSE  
CLASSES**

Teaching our young people how to stay safe in all  
situations!

Studio Jear brings you Kids Self Defense with **Master 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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zumbajear@yahoo.com