

# BRAZILIAN JIU JITSU

## LAPEL ARTS ACADEMY

### After School Program at McKechnie

Fun and active Martial Art:

- Skill development: Takedowns, holds, escapes and self-defense.
- Sportmanship: Learn about the Jiu Jitsu sport and an athlete's mindset.
- Anti-bullying: Learn to defend against bullies and keep away from violence.
- Discipline and Respect: Learn structure and respect to the teachers, the partners and the space.

**Kindergarten - Grade 7**  
**No Uniform Requirement**



**DATES:** Fridays, Jan 19 - Mar 15  
(except Feb 16)  
total 8 classes

**TIME:** 3:15 - 4:15pm at school Gym

**COST:** \$256 + gst



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