



TIKAN  
JU-JITSU

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🌀 BobCats Program for 3-5 year olds 🌀



**Kids will learn the basics of the Gentle Art which include:  
Personal Awareness, Self Defense, Striking, Blocking,  
Kicking and Ground Work.**



- 🌀 Start Date: January 3rd, 2015
- 🌀 Time: Saturdays 9:15-9:45am
- 🌀 Cost: \$ 20 per month for members \$ 35 for non members



**Some benefits of JU-JITSU Training for children include:**

- Increased self-protection
- Improved self-esteem
- Builds self-confidence
- Teaches discipline
- Teaches self-control
- Teaches life skills
- Increases fitness level
- Students train in a fun and friendly environment



**INSTRUCTOR:** Sensei Tyrone Abdul 4th Degree Black Belt with over 23 years experience teaching.

Phone #: 402 965-1194