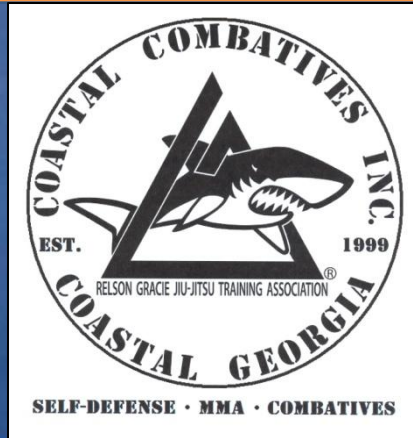


BRAZILIAN

JIU-JITSU



Location:
Bldg 438

Fee:
\$40/Monthly

Register at
Parent Central Services
Bldg 442 today!

Youth will learn many self-
defense skills while enrolled
with our Jiu-Jitsu Program.

Shannon Young is an
outstanding Instructor and
competitor. He is a great
representative of the sport.

We are honored to have
Shannon and together we
are sure this class will be
enjoyed by all!

Questions?
912-767-2312

This class is covered by Army Family
Covenant and is included in our
"Teaser Program"



MON AND WED

Youth 5-6 Yrs; 1700-1730

Youth 7-12 Yrs; 1730-1815

Youth 13-18 Yrs; 1615-1915

SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

Welcome to Gracie (Brazilian) Jiu-Jitsu training program!

This class is designed to build confidence, teach patience, self control and develop self defense skills. There is no punching or kicking in Gracie Jiu-Jitsu, it is a series of leverages that leads to a finishing move or dominant position like collegiate wrestling or Judo.

For more information about our Gracie academy you can visit us on the web at

www.coastalcombatives.com

We also post pictures and videos on our facebook fan page, Relson Gracie Academia De Jiu Jitsu Pooler, Ga.

Training Schedule: Monday & Wednesday

- 5 and 6 years old: 5:00 - 5:30 pm
- 7-12 years old: 5:30 - 6:15 pm
- 13-18 years old: 6:15 - 7:15 pm

Guidelines for Jiu-Jitsu Class:

1. Students are asked to arrive 5 minutes prior to class but not earlier than 10 minutes.
2. Training is conducted with a partner. So, it is important that the student maintains good personal hygiene and uniform washing. Your health and well being is important to us.
3. Please remove all jewelry prior to class and no gum/candy during class. This is a must!!
4. Direct questions about jiu-jitsu training, belts, and uniforms to the instructor.
5. Please go to Parent Central Services with questions about enrollment and payment.
6. Belt ranking can seem slow in jiu-jitsu. Therefore, it is important that the student simply enjoy their time on the mats. Also, we will incur a small fee for the belt when belt promotion is given.
7. Payments are \$40/month and due on the 1st of each month and NLT 5th. Students are subject to automatic withdrawal if payments are not made on time. You now also have the option to pay online! <https://webtrac.mwr.army.mil/webtrac/stewartcyms.html>