



BRAZILIAN JIU-JITSU

“95% of physical confrontations end up on the ground” -FBI

Brazilian Jiu-Jitsu is a martial art that specifically focuses on self defense from the ground and has been shown to be the most realistic and effective form of self defense in the world. The principles of Brazilian Jiu-Jitsu promote that any person regardless of how small or weak can successfully defend and submit a much larger and stronger opponent simply by using leverage and technique over strength and power. Brazilian Jiu-Jitsu not only builds confidence, self esteem, and discipline, but it is also a great form of exercise for all ages and levels improving over all strength, endurance, and weight loss.

Program Fees	Teens (15-18)	Members (Adult)	Participants (Adult)
MONTHLY			
unlimited (3x/week)	\$85	\$94	\$113
Weekend (Sat. only)	\$40	\$44	\$53
3 MONTH*			
unlimited (3x/week)	\$242	\$262	\$322
Weekend (Sat. only)	\$114	\$125	\$151

**Purchase a 3-Month session before Jan. 25th and get a free private session up to 3 people!!!*

*Jiu-Jitsu Gi and White belt (mandatory for class participation) \$45
(Gi will be distributed the first day of class)*

Days/Times: M/W 8:15-9:30 PM & Sat. 1-2:15 Location: MPR 2

Instructor: Kale Lopez - BJJ Brown belt under Joao Cuhno,

2x OTM Gold medalist, 2x IBJ Gracie Silver medalist, Gracie Caille Gold medalist,

2x Pan Am medalist, 2x Grapplers Quest medalist

CLASSES BEGIN FEBRUARY 9TH!

Register at the Welcome Center or at www.southbay.ymca.org



OUR MISSION

“The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their full-est potential as children of God through the development of spirit, mind and body.”