



# New!



Sponsored by Threshold Martial Arts

## Brazilian Jiu-Jitsu

Starting Wednesday night December 14th Skokie Park District offers a new self-defense class Brazilian Jiu-Jitsu

About the class: This complete Martial Art focuses on the technical application of submissions, sweeps, throws & positional control which allow a smaller person to defeat a larger opponent. Our Brazilian Jiu-Jitsu program is designed to introduce students to the basics of standing & ground grappling & to provide a solid foundation of Brazilian Jiu-Jitsu's sport & self-defense aspects.

Benefits include HUGE gains in confidence, functional strength, flexibility, discipline, and overall physical conditioning.

\*Free Demonstration Saturday December 10th, 3pm at the Weber Center

When: Wednesdays December 14th - February 29th

Time: 6:30-7:30pm

Where: Weber Center Room 107

Cost: Residents \$110 Non Residents \$138

Ages: 15 & Up

Activity # 452943-01

