



**Free!**



Sponsored by Threshold Martial Arts

## Brazilian Jiu-Jitsu Demonstration

Stop by December 10<sup>th</sup> at 3:00pm for a free demonstration of Skokie Park District's new self-defense class Brazilian Jiu-Jitsu

\*This class will be offered on Wednesday nights starting December 14<sup>th</sup> from 6:30-7:30pm at the Weber Center.

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.

**When: Saturday, December 10<sup>th</sup> from 3:00- 4:00pm**

**Where: Weber Center Room 107**

**Cost: Free, but limited to the first 20 participants.**

**Ages: 18 & Up**

**Please RSVP to Jon Marquardt at 847-929-8520**

