

## About The Class

Kids' Jiu-Jitsu is based on the self-defense system of Brazilian Jiu-Jitsu, which stresses technique, leverage, and patience. Since most fights and attacks end up on the ground, emphasis is placed on ground training. In addition to Brazilian Jiu-Jitsu techniques, this class also teaches a combination of techniques drawn from wrestling, boxing, and street defense. Learn to position yourself correctly and efficiently to defend against any size attacker.



## About Your Instructor Dawn Miller

### Current and Past Achievements:

- ◆ Brown Belt In Brazilian Jiu-Jitsu
- ◆ Brazilian Jiu-Jitsu Instructor Since 1998
- ◆ Trained Since 1998 Under Brazilian Jiu-Jitsu Black Belt, Steve Neklia
- ◆ Former Certified Krav Maga Instructor
- ◆ B. S. Physical Education, Cal Poly SLO
- ◆ 1999 California State Jiu-Jitsu Championship *Runner Up*
- ◆ 1999 Machado Jiu-Jitsu Championship *Champion*
- ◆ 1999 Joe Moreira Jiu-Jitsu Invitational *Runner Up*
- ◆ 2000 American/International Jiu-Jitsu Championship *Champion*
- ◆ 2000 California State Jiu-Jitsu Championship *Champion*
- ◆ 2000 Machado Jiu-Jitsu Championship *Champion*
- ◆ 2007 South Bay Open Jiu-Jitsu Tournament *Runner Up*
- ◆ 2007 Fabio Santos Open Jiu-Jitsu Tournament *Champion*
- ◆ 2007 World Jiu-Jitsu Championship *Bronze Medal*

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# KIDS' Brazilian Jiu-Jitsu

MAGDALENA ECKE FAMILY YMCA  
**IT'S FOR EVERYBODY**  
*We build strong kids, strong families, strong communities.*

200 Saxony Road • Encinitas, CA 92024  
(760) 942-9622 • FAX (760) 944-9329  
<http://ecke.ymca.org>

## Class Description

### Kids' Beginner Class—4-14 yrs

This is a beginning class for all students. In this class, students will learn the basic bully-proof positions of Brazilian Jiu-Jitsu using a variety of unique drills and games. They will be taught how to help develop their flexibility, coordination, and concentration. When dealing with a bully they will be taught how to defuse the situation and how to get away if needed. Perfect for girls and boys.

### Kids' Intermediate and Advanced Class—4-14 yrs

This is an intermediate and advanced class for students who qualify. Please call Dawn if you think you might qualify for this class. Along with being taught the basic bully-proof positions of Brazilian Jiu-Jitsu, students in this class will be taught how to defuse a potentially dangerous situation, or how to get away if necessary, or disable your attacker with Brazilian Jiu-Jitsu's famous submission holds. This is a great self-defense system for the entire family.

## Private Lessons

Private lessons are available and may be scheduled through instructor. Private lessons are a good way for students to work on areas of difficulty and enhance existing skills. To schedule, please call (760) 942-9622, ext. 1808.

<b>AGES:</b>	4 years and older
<b>DAY &amp; TIME:</b>	To be determined by instructor
<b>LOCATION:</b>	Studio 2
<b>FEE:</b>	\$32/\$42 per student/for half hour
<b>CLASS SIZE:</b>	1-4 students, 2-student minimum

## Class Information

**AGES:** Kids' Beginner—4-14 yrs  
**DAYS:** Monday & Wednesday  
**TIME:** 4:00-4:30 pm  
**CODE:** 25MA-BRAZBEG  
**FEES:** \$70/\$90

**AGES:** Kids' Intermediate and Advanced—(Age by instructor's recommendation)  
**DAYS:** Monday & Wednesday  
**TIME:** 4:30-5:15 pm  
**CODE:** 25MA-BRAZINT  
**FEES:** \$72/\$92

- Sorry, we do not offer make-up classes.
- All class fees must be paid before the first class of the month.
- Classes start on the first Monday or Wednesday of the month.
- All classes are held in Studio 2.
- For more information, please call the instructor at (760) 942-9622, ext. 1808. Or, call the Arts & Enrichment Program Director at ext. 1401.
- Phone registration (760) 635-3050.

### **Financial Assistance Scholarships**

Financial Assistance is made available on a limited basis for low-income families. Confidential applications are available at the Registration Desk during regular business hours.

## What to Wear

Uniforms are required after the first month and may be purchased from the instructor.

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## Program Highlights

