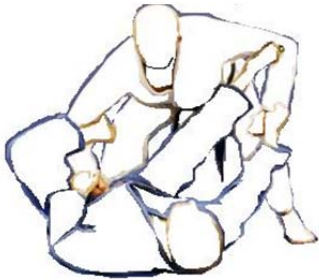


# Introduction to Jiu Jitsu

**Tuesday 6:30-7:30pm starting Jan 17, 2012**



Join us for an interactive and engaging six week course that will teach you the basic principles, philosophy, and techniques of Jiu Jitsu. This class is for men and women of all shapes and sizes, regardless of current fitness level, and no experience is necessary. Gracie Jiu Jitsu (also known as Brazilian Jiu Jitsu), is a martial art which uses leverage and timing to control and defend against an attacker. Because Jiu Jitsu is based on leverage, and not power and strength, it can enable a weaker, smaller person to prevail against a much bigger, stronger opponent. Jiu Jitsu can also be a sport but this class focuses on the self-defense aspect of the art.

If you want to increase your confidence in defending yourself, or just want to try out a new, fun activity, we encourage you to sign up for this class. The instructors emphasize a cooperative learning experience where everyone helps each other grow and develop; rest assured, the class is not about beating each other up or proving how tough someone is. It is about helping each other get better, and having fun while doing so.

The course is taught by Marty Josey and Jeff Howard who both have many years of martial arts experience. Marty is a Certified Gracie Jiu Jitsu (and Gracie Combatives) instructor and Jeff is a Certified Gracie Survival Tactics instructor, both from the Gracie Academy in Torrance, CA.