



IMPACT

Fitness & Martial Arts Academy

////// WHY BRAZILIAN JIU JITSU? ////

- it works regardless of your opponent's size or strength
- avoids more aggressive tactics in favor of working toward a position of advantage
- provides a great workout with real-life application
- great cross-training for wrestling and other sports
- encourages coordination and team work
- develops focus and self-control
- supports an attitude of respect
- boosts confidence and self-esteem - bully-proof your kids!

**TRY A WEEK
FREE**

550 SUNRISE DRIVE | SUITE 107

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