

## ///// 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!

## 550 SUNRISE DRIVE | SUITE 107 SPRING GREEN | 608-588-0700 TRAINWITHIMPACT@GMAIL.COM WWW.IMPACTSPRINGGREEN.COM

This organization, program or activity is not affiliated with the River Valley School District nor is it a school sponsored activity. This communication does not automatically imply District approval, support or endorsement of the information contained within this document, program or activity.

