

JAN 2012



You and your family
are cordially invited to attend the

American Jiu Jitsu

2011 Awards Ceremony

When we honor our students & present:

- 2011 High Points & High Attendance
- Black Belt Club & Achievement Awards
- Student of the Year

plus the prestigious Connors Bushido Award

Saturday, February

18th Brunch from 11am - 3pm

at Villa Lombardi's

877 Main St, Holbrook, NY 11741

RSVP & Purchase Tickets by Jan 16th,

2012 Available at desk now, or call (631) 360-8830

Adults - \$65 cash/check* - Children - \$45 cash/
credit*

*additional \$3 per ticket convenience charge will
be applied to all credit card transactions

**WANT TO
GET INTO
SHAPE?**

**10 WEEK
COURSE
TOTAL
BODY
SHAPING**

**STOP AT
THE FRONT
DESK TO**

**REGISTER..
JAN 2
STARTING
OUR NEXT
10WEEK
PROGRAM**

SCHEDULE - Jan 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4 Submission Grappling	5 Submission Grappling	6 Private	7 Submission Grappling
8	9 Free Fighting Self defense	10 Free Fighting Self defense	11 Review Class	12 Free Fighting Self defense	13 Private	14 Free Fighting Self defense
15	16 Closed	17 Stand- up Self Defense	18 Stand- up Self Defense	19 Stand- up Self Defense	20 Private	21 Stand- up Self Defense
22	23 Submission Grappling	24 Submission Grappling	25 Review Class	26 Submission Grappling	27 Private	28 STUDET Belt Test
29	30 Free Fighting Self defense	31 Free Fighting Self defense	1 Free Fighting Self defense	2 Free Fighting Self defense	3 Private	4 Free Fighting Self defense
5	6 Stand- up Self Defense	7 Stand- up Self Defense	8 Review Class	9 Stand- up Self Defense	10 Private	11 Stand- up Self Defense

Ages 4-8 Class Time 4:30pm – 5:00 pm

Monday through Thursday

Am Class Time 9:30am-10:00am Saturday

Ages 9-13 Class Time 5:00 pm – 5:45pm

Monday through Thursday

Am Class Time 10:00am-10:30am Saturday

Ages 13-15 Class Time 6:40pm- 7:40pm

Monday through Thursday

Am Classes Time 10:30am-11:30am Mon, Wed, Sat.

Ages 16 & up Class Time 6:40pm -7:40pm

Beginner to Intermittent (White to Orange)

Monday through Thursday

Am Class Time 10:30am-11:30am Mon, Wed, Sat.

Ages 16 & up Class Time 7:40pm -8:40pm

(Orange / Black to Black)

Monday through Thursday

Am Class Times 10:30am-11:30am Mon,Wed,Sat.

Ages 16 & up Class Time 8:40pm -9:30pm

(All Black Belts)

Monday Only

Leadership Classes Monday @ 4:45 pm

Demo Class Wednesday@ 5 :45 pm

Week

Skills

Earn Points

Week 1

Focus/Concentration

10pts act of Kindness signed by parent

Week 2

Teamwork

10 pts Put all the Pads away on your own

Week 3

Control

10 pts In Front of the Class Recite the Student Creed

Week 4

Intensity

10 pts Demo the Falling Kata

Week 5

Comment

10 pts Bring a Friend in for a Class

American Jiu Jitsu Centers

Check Out Our Websites

www.americanjiujitsucenters.com



www.mmfightspace.com



www.topkicksuperfights.com



New, Events & Announcements

HAPPY NEW YEARS TO ALL

01/16 /12 AJJC Closed for Holiday

01/28/12 1145 am Belt Test for all student

2/18 /12 Award Brunch see desk for more information tickets on sale now

**412 Lake Avenue
St James NY, 11780
Phone: 631-360-8830**