



## **WHAT IS JIU JITSU?**

American Jiu Jitsu is the art of self-defense. From a physical point of view American Jiu Jitsu is the best art for a person to defend himself or herself, because it takes no strength or size to achieve. Jiu Jitsu translated means, "The Gentle Art". From a mental point of view, it teaches you to develop self confidence, improve self esteem, relieve stress, improve quality of life and for children to improve grades and attention span by developing their ability to focus.

## **WHAT IS THE DIFFERENCE BETWEEN JIU JITSU AND OTHER MARTIAL ARTS?**

Other martial arts if taught correctly are good; the biggest difference with Jiu Jitsu is that we focus on self-improvement through personal achievement instead of competition.

## **HOW DO I FIND THE RIGHT INSTRUCTOR? WHAT QUALITIES SHOULD I LOOK FOR?**

- Pleasant personality
- Enthusiastic and Encouraging
- Ability to demonstrate technique
- Inspirational and Motivating
- Gentle but firm
- Full time instructor
- Certified instructor
- No children instructor teaching children
- Interested in helping you achieve your goals

## **HOW DO I KNOW IT'S THE RIGHT SCHOOL?**

- Organized and clean surroundings
- Professionalism
- Safety rules enforced
- Extensive schedule
- Appropriate class size

## **WHAT WOULD YOU LIKE TO ACHIEVE BY TRAINING AT AMERICAN JIU JITSU CENTERS?**

Self Defense  
Self Confidence  
Self Discipline  
Improve Self Esteem  
Improve Ability to Concentrate  
Improve Physical Conditioning  
Recreation  
Mind, Body Unification

**By training at American Jiu Jitsu Centers you will improve your quality of life by relieving stress and doing something that is fun and rewarding both mentally and physically.**

Points System - (Reading Books, good Report Card etc.)  
Certificates  
Stars  
Diploma  
Trophies  
Awards Dinner  
Promotional \*Special Recognized Awards  
Demo Team  
Special Benefits

**Perform a given task to his or her best.**

**Overcoming shyness and make new friends**

**Treat people and property in a correct manner**

**Improve academics and succeed on the job and in life**

**A great physical fitness program**

**Learn practical techniques and learn how to apply them in a physical confrontation**

## **HOW DO I BECOME A PART OF AMERICAN JIU JITSU CENTERS?**

Make a commitment to yourself **"JUST DO IT"** Make a commitment  
Make a decision. You owe it to yourself to feel great **Join now!**