



## **American Jiu Jitsu Centers Age-Specific Training System**

### **Little Samurai ages 4-6**

#### **The 8 basic fundamental skills of development for students:**

1. Focus
2. Discipline
3. Fitness
4. Coordination
5. Teamwork
6. Control
7. Memory
8. Balance

**Little Samurai is based on 18 month of training**

### **Mighty Samurai ages 7-8**

#### **The 8 advanced fundamental skills of development for students:**

1. Concentration
2. Perseverance
3. Courage
4. Intensity
5. Speed
6. Agility
7. Technique
8. Flexibility

**Mighty Samurai is based on 18 Months of training.**



## **Elite Samurai Program 9 to 12-year old:**

The 6 areas of Martial Arts Development for 9 to 12-year olds:

1. Traditional Material /Self Defense
2. Leadership
3. Dynamic Performance
4. Organization
5. Physical Development
6. Mental Development

**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 or Child to feel great **Join now!**