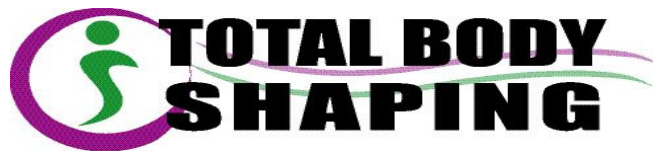


DEC 2011



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 - Dec 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3 Submission Grappling
4	5 Free Fighting Self defense	6 Free Fighting Self defense	7 Review Class	8 Free Fighting Self defense	9 Private	10 <b>STUDET Belt TEST Renshi Jim</b>
11	12 Closed	13 Stand- up Self Defense	14 Stand- up Self Defense	15 Stand- up Self Defense	16 Private	17 Stand- up Self Defense
18	19 Submission Grappling	20 Submission Grappling	21 Review Class	22 Submission Grappling	23 Private School Closed	24 School Closed
25	26 School Closed	27 School Closed	28 School Closed	29 School Closed	30 Private School Closed	31 School Closed
1	2 Stand- up Self Defense	3 Stand- up Self Defense	4 Review Class	5 Stand- up Self Defense	6 Private	7 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](http://www.americanjiujitsucenters.com)



[www.mmfightspace.com](http://www.mmfightspace.com)



[www.topkicksuperfights.com](http://www.topkicksuperfights.com)



New, Events & Announcements

12/10/11 All Student Belt Test starts at 1145 am

12/10/11 Renshi Jim will be Testing for his 5th Degree Black Belt testing starts at 2pm

12/22/11 430-530 Holiday Party for all Children Classes

12/23-1/1/12 Closed for Holiday  
Re Open Jan 2

1/28/12 All Student Belt Test starts at 1145 am

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