

FREE TEEN SELF DEFENSE

New Class Starting March 2018



Increase Self-Esteem
Boost Self-Confidence
Self-Respect, Discipline
Learn Self-Defense
Increase Self-Awareness

Persistence & Goal Setting
Build Friendships
Fitness & Weight Loss
Stop Bullying
Always Be Prepared

OPEN TO ALL TEEN'S 13-19 YEARS OLD

Learn Danzan Ryu Jujitsu (Traditional Japanese)
Every Tuesday & Thursday from 7-9pm

Location: 931 East 675 South, Lehi, UT

Presented By: Shin Budo Kai

801-382-8067

UtahJujitsu.com or Facebook: "Shin Budo Kai – Utah Jujitsu"

(All Donations and Business Sponsorship Greatly Appreciated)

