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Little Warriors Ju Jitsu – reception, years 1&2, September 2022



Friday 9th September 2022, 3:30pm - 4:30pm, De Bohun Primary School
£5 / session; reception, years 1 & 2 welcome

Ju Jitsu's origins are as a Japanese martial art, developed by the samurai for unarmed combat hundreds of years ago, now a modern form of self-defence. Wakarishin Ju Jitsu Association is affiliated to the British Ju Jitsu Association (BJJA) Governing Body (the nationally recognised governing body for Ju Jitsu in the United Kingdom) with established classes for older children (7+) and adults at the Saracens RFC in Southgate and other classes throughout London and Essex.

Our little warriors classes are designed specifically for 4 – 7 year olds, as Ju Jitsu cannot be taught in a traditional manner to children of this age; a child's physical development is at a key stage within this age group as the growth of bones and muscles can be adversely affected unless approached with care and expert knowledge. The training structure allows a child to become fitter, more confident and more socially aware whilst acknowledging the limitations of a young child's physical ability and taking into account the shorter attention span of this age group. Ju Jitsu techniques are combined with games to develop their natural abilities whilst learning new skills. Each child's progress is measured with regular gradings, and all instructors are DBS registered.

I am a fully qualified BJJA instructor (DBS checked, first aid qualification, indemnity insurance) with 30 years training experience and have been running my own clubs as a senior instructor for 13 years. I am happy to discuss any elements of the class with parents.

Please do call, text or email now to secure your child's place, as spaces are limited.

Best regards,

A handwritten signature in black ink, appearing to read 'Matt De Bono', written in a cursive style.

Sensei Matt De Bono, 6th Dan