



Sensei Matt De Bono, 5<sup>th</sup> Dan  
07980 195452  
matt@mattdebono.com  
www.wakarishin-jujitsu.com



### Little Warriors Ju Jitsu – reception, years 1&2



Fridays 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 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.

**\*\*\* New protocols approved by the BJJ(GB) are in place for COVID-19 safe training, which will be fully socially distanced until government guidelines change \*\*\***

Whilst parents are normally welcome to stay and view the class, our new COVID-19 procedures mean this is not possible at present, but I will be 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'.

Sensei Matt De Bono, 5<sup>th</sup> Dan