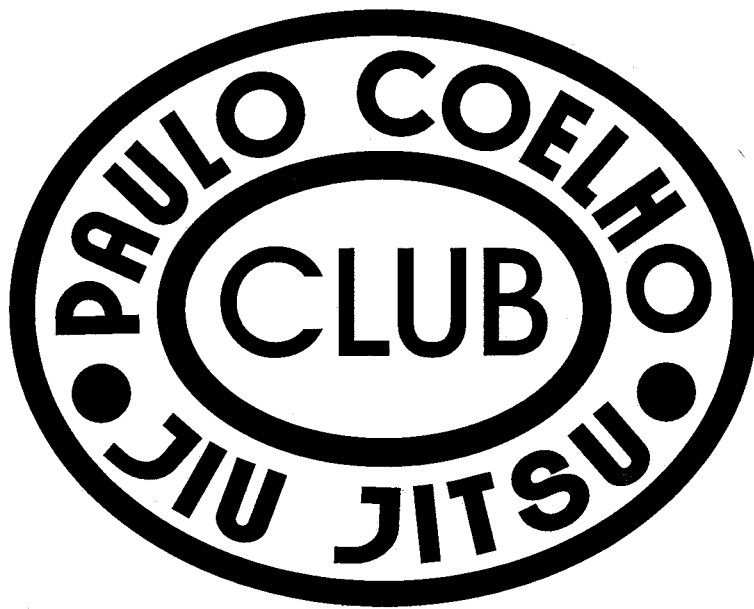


Street



Self Defence

Brazilian Jiu-Jitsu

BLACK BELT INSTRUCTOR

Brazilian Jiu-Jitsu

Jerry Assad

under

Paulo Coelho

MASTER

3rd Dan BLACK BELT

Brazilian Jiu-Jitsu

Paulo Coelho

It is a fact that 95% of all real fights end up on the ground.

Jiu-Jitsu is the only Martial Art that effectively addresses ground fighting.

These simple and effective techniques do not require STRENGTH or SPEED.

You will learn

- **Defence and Offence against stand up aggression**
- **Ground Fighting**
- **Armlocks and Chokes**
- **Defence against knife attack**

Please contact

Jerry Assad @ Prahan Tae-Kwon-Do School :

178 High Street, Prahan

Mobile: 0430 340 909

Class Hours

Tuesday 8:30pm - 9:30pm

Thursday 8:30pm - 9:30pm

Friday 8:30pm - 9:30pm

Saturday 3:30pm - 5:00pm

**1 FREE
LESSON**

The Art of Jiu-Jitsu Welcomes Kids, Men & Women