



Our Junior Warriors have the opportunity to earn a Jr. BLACKBELT in our self defense system. We help them develop the tools necessary so they can mentally and physically defend themselves at school (without striking) or on the street. (with striking). In our Kids BJJ program which is integrated in our system, they will learn to effectively be able to control their attacker from the ground. Through their journey, they will develop self confidence, respect for all others, coordination, fitness, and awareness. We also work with them on how to deal with bullies and how to transfer the techniques they learn to real life situations!