



This class meets twice a week and is designed to introduce these little ones to the very beginning basics of Martial Arts. Our goal is to teach them evasion, and blocks, basically how to avoid getting hit or grabbed, through fun drills and activities. We also disguise hitting and kicking with allowing them to "smash the bug" on the pads and bags. They work on listening skills, following directions, cooperating and being a good partner. This class will also boost their self-confidence, coordination and fitness. They are also introduced to the beginning basics of Kids BJJ.