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# TEAM CURRAN JIU-JITSU



## WHY CHOOSE BRAZILIAN JIU-JITSU?

BRAZILIAN JIU-JITSU IS A PROVEN MARTIAL ART, COMBAT SPORT AND SELF DEFENSE SYSTEM THAT FOCUSES ON GRAPPLING AND GROUND TECHNIQUES TO DEFEND AGAINST A BIGGER STRONGER ASSAILANT. JIU-JITSU IS USED DAILY BY POLICE AND MILITARY FORCES AROUND THE WORLD PROVING ITS EFFECTIVENESS AS A MEANS OF SELF-DEFENSE

## WE OFFER ADULT CLASSES ON

TUESDAY 7PM-8:30PM // WEDNESDAY 6PM-7PM  
THURSDAY 7PM-8:30PM // SATURDAY 12PM-1:30PM

## SPECIAL OFFER!

### FIRST 2 CLASSES FREE!

PLUS 50% OFF FIRST MONTH TUITION. SIGN UP TODAY!!



CONTACT ERIC HARTWIG AT 815-900-6850  
OR AT ERIC@TEAMCURRAN.COM // 210 W. LINCOLN, HINCKLEY, IL

