



American Jiu Jitsu Centers Age-Specific Training System

Little Samurai ages 4-6

The 8 basic fundamental skills of development for students:

1. Focus
2. Discipline
3. Fitness
4. Coordination
5. Teamwork
6. Control
7. Memory
8. Balance

Little Samurai is based on 18 month of training

Mighty Samurai ages 7-8

The 8 advanced fundamental skills of development for students:

1. Concentration
2. Perseverance
3. Courage
4. Intensity
5. Speed
6. Agility
7. Technique
8. Flexibility

Mighty Samurai is based on 18 Months of training.



Elite Samurai Program 9 to 12-year old:

The 6 areas of Martial Arts Development for 9 to 12-year olds:

1. Traditional Material /Self Defense
2. Leadership
3. Dynamic Performance
4. Organization
5. Physical Development
6. Mental Development

By training at American Jiu Jitsu Centers you will improve your quality of life by relieving stress and doing something that is fun and rewarding both mentally and physically.

Points System - (Reading Books, good Report Card etc.)

Certificates

Stars

Diploma

Trophies

Awards Dinner

Promotional *Special Recognized Awards

Demo Team

Special Benefits

Perform a given task to his or her best.

Overcoming shyness and make new friends

Treat people and property in a correct manner

Improve academics and succeed on the job and in life

A great physical fitness program

Learn practical techniques and learn how to apply them in a physical confrontation

HOW DO I BECOME A PART OF AMERICAN JIU JITSU CENTERS?

Make a commitment to yourself **"JUST DO IT"** Make a commitment

Make a decision. You owe it to yourself or Child to feel great **Join now!**