



## **Black Belt Club**

For students looking for the **ultimate training experience**, we offer the **American Jiu Jitsu Centers' Black Belt Club**. Students who enroll in the Black Belt Club **make a serious commitment towards achieving their goal of Black Belt Excellence.**

These students understand that hard work and determination, combined with our guidance, will result in reaching his/her fullest potential. All students from age 5-6 and above are eligible for membership in the

### **Black Belt Club.**

American Jiu Jitsu Centers' **Black Belt** classes are designed to have a positive impact on a student's life. Changes will be apparent in their behavior, grades and in the way the students carry themselves.

### **All students from Ages 5-6 Can Choose any 1 class, Kardio Fitness or Sparring/Weapons Class**

**American Jiu Jitsu Centers'Kardio Fitness classes -** **The most important quality of a person's life is his/her health and fitness. Our Fitness classes are Fun !** They are specifically designed to enhance the student's understanding Kardio fitness and staying fit

**Sparring/ Weapons -** **This class will teach our students how, to deal with a Both ground & stand up situation.** The class is a very fun and intense workout that will energize the students. We will also teach our students how, to defend themselves against a Weapon Attack and how to use a Weapon. The Main weapon taught at American Jiu Jitsu Centers is Knife And Stick Fighting. We also Will cover Other Weapons Include Cane this is a **great Class that will develop the students Confidence Level.**