



Black Belt Club **Red Uniform Represent Commitment**

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 adult students 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, and in the way the students carry themselves.

All students from Adults Can Choose any 1 class, classes are divided into 4 categories. The four categories are: Kardio Fitness , Weapons Class, Grappling, Leadership Classes



Master Club

Black / Red Uniform Represents Long Term Commitment

For students looking for the ultimate training experience, we offer the American Jiu Jitsu Centers' Master Club. Students who enroll in the Master 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 Adults are eligible for membership in the Master Club.

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

The Master Club classes are divided into 4 categories. The four categories are: Kardio Fitness, Sparring/Weapons Class, Leadership, Grappling Classes (Unlimited)

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

Weapons -.

We teach 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.

Grappling Class-

This class will teach our students how, to deal with a both ground & stand up situation. The class is a very intense workout that will energize the students This class will fine-tune our students' techniques. The class will cover advance falling, as well as focusing on Concentration, Intensity, Speed, Agility and Flexibility. The class is a very intense workout that will energize the students' Posture.

Leadership Class- this class will consist of training our students to develop their leadership role in the studio. This class is, by far, the Most Important Class that American Jiu Jitsu Centers offers. This class will consist of learning "Life Skills" which will teach the students to Build Positive Self Esteem, Define their Values and Set Realistic Goals for themselves. **This Class Is A Must!!**