



After-School Program

Sessions are 1 hour in length with equipment provided

Kickboxing, Jiu-Jitsu, and Grappling all-in-one

Japanese Jiu-Jitsu is the science of self-defence and the art of the traditional samurai warrior of Japan. Warrior Arts Academy combines modern-day techniques with this ancient system of training that will develop the students mind, body, and spirit. Combined with Kickboxing and grappling, martial arts is proven to increase physical and mental endurance, while providing an amazing cardiovascular workout. A great addition for an avid athlete or beginner.

Benefits

- ✓ Increase mental endurance & focus
- ✓ Increase confidence
- ✓ Encourage camaraderie and friendship
- ✓ Provide convenient on-site training
- ✓ Discourage bullying by creating awareness of the root causes

Martial Arts training is needed more now than ever before in school environments. From first hand account, we have seen students grow significantly in the areas of self confidence, awareness, and discipline.

Martial Arts training provides a unique hands on approach to understanding valuable life skills, working in harmony with others, proper conflict resolution, and a healthy method of relieving stress, tension, and anxiety.

For more information, please visit our website and book your free consultation with Head Sensei, David Whitehead.
info@warriorartsacademy.net 250-217-7492 www.warriorartsacademy.net

After school program: Off-site at your school (Safe and sufficient space required)

Sensei fee: \$150/hour (unlimited number of students)

*We average approximately \$15 per student per class. If this does not meet your budget, please contact us so we can further investigate more options. Mileage and time to/from/at your institution is factored in to the fees.

Integrate fitness into your school environment with martial arts classes. Classes are offered on-site at your school with equipment.

Services offered:

*Kickboxing
Self-Defence Jiu-Jitsu
Grappling*

*Book your sessions on our website
warriorartsacademy.net*

