

JUJITSU

(KARATE)



Jujitsu means "Gentle Art."

Students learn how and when to use physical skills as a last resort, and only in life threatening danger.



*Begins
September
5th*

Students can earn Belts

Junior students of Blue Dragon Jujitsu earn points each time they attend class. They keep the points when they follow directions, school rules, and Dojo manners. Points add up and allow students to progress to different belts.

Points and belts will transfer

Who: Ages 5 to Adult
Families encouraged to enroll
Cost: \$30 per month
When: Saturday's 1:00 pm
Where: Unity Fitness Center

What can Jujitsu do for you?

- Respect for self and others
- Responsibility
- Honor Without Having to Fight
- Self-Defense
- Safety Skills
- Focus and Concentration
- Strength of the Body, Mind, and Spirit
- Manners
- Much More!

Sensei Esther Marsden is a third degree Black Belt who has been teaching Martial Arts for 25 years. She is head instructor (Sensei) and owner of Blue Dragon Dojo, Women Against Rape, and a Martial Arts Specialist for the Salt Lake City School District.




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