



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE SECURITY PROTECTION

JUJITSU

Winter I session is from January 4– March 5

Learn how to defend yourself with the “Gentle Art”

Jujitsu is the Japanese martial art of unarmed self defense. Learn practical and effective defensive skills in a safe and family-friendly environment.

Cost for up to 18 classes:

Full Member: \$125

Program Member: \$150

WHEN

Monday 7:30–9:00pm

Saturday 10:30am–12:30pm

LOCATION

Studio A with Howard Kee

BIO

Howard Kee holds a 5th degree black belt in Jujitsu and has practiced martial arts for over 20 years. Kee also holds black belts in Taihojitsu and Aikido.

See Membership Services to Register today!

For more information email Rex at rex.phillips@ymcadc.org



TRY ONE WEEK OF CLASSES FOR FREE!