

# ROKAH/VERDUM NO GI JIU JITSU (SUBMISSION GRAPPLING) KIDS 8-14

Submission grappling takes the same approach as Brazilian Jiu Jitsu, but without the uniform to grab on to. Because of this Submission Grappling is more suited for self defense. It teaches wrestling takedowns, control and submissions on the ground.

Submission grappling is a great supplement to karate, and will help your child be ready to defend themselves in any scenario.

## Safe Environment

We make sure your child feels comfortable and safe, we encourage an environment of respect and care for others. We teach kids in progression that is safe.

## Health & fitness

Submission Grappling and karate is great for your child's health, it provides a full body workout that boosts flexibility, improves coordination, and creates positive lifestyle habits.

## Confidence

No Gi Jiu Jitsu does not only teach your child self defense skills, it helps them in all aspects of life. Having the ability to protect oneself, creates confidence in your child that carries over into their ability to speak out in class, make new friends and stand up for themselves and others against bullies.

## Value of hard work and consistency

Submission-Grappling and karate help build mental toughness, teaches the value of hard work, and gives children the persistence they need in everyday life.

## Stress Relief

Kids get stress too, and karate/no gi jiu jitsu is a moving meditation, which helps relieve stress and learn how to focus on the task in the moment.

## Instructors

Program is overseen by Felipe Verdum coach & brother of Fabricio Verdum (UFC heavy weight champion & World Jiu Jitsu Champion)

Kostiantyn Opalnyk  
Ukraine National Champion free style wrestling  
World Youth Championship runner up 1999 (Helsinki)  
Master of sports international class

Andre Monge Johnson  
Train full time karate (under Avi Rokah) and jiu jitsu (under Felipe Verdum)  
Compete extensively in both karate and jiu jitsu

Class Schedule  
Monday & Wednesday at 6-7pm

Fee \$200 monthly

**First class is free.**



