

After School Tuesday Jiu Jitsu club
Info & Consent form

Tuesdays after school Jiu Jitsu class 3:30pm-4:30pm starting from week four 18th February 2025 in the school gymnasium and children can be left unattended. Any sports clothing is fine (without metal zippers etc. preferred).

Jiu Jitsu is a self-defence and grappling based martial art that is amongst the most proven effective styles and perfect for neutralising a physical attack with minimal violence. It promotes values such as *discipline, integrity and respect*. Jiu Jitsu enhances *fitness, athleticism and confidence*, lowering the risk of being bullied while teaching children life skills they can benefit from not only now, but well into the future as adults. Sensei/coach Mike has 20+ years' experience with international level teams, degrees in youth studies and works with children under DCP guardianship. Fully police checked & insured.

First term is \$80 (only 8 weeks) and \$120 thereafter per term. Siblings/same house remain at \$100 per child per term, or \$80 each for first term. Late addition deals also available.

Adult sessions are also available at Redstar training centre, Old Port Road, Royal Pk

Please contact Mike directly with any enquires.

Phone: 0481380784

Instagram: bkr_Jiujitsu_sa

I, Parent/guardian (write name).....

Of (child's name).....

Consent to him/her taking part in Jiu jitsu sessions. I understand Jiu jitsu is a full contact activity that includes gymnastics exercises, wrestling/grappling and so there is some inherent physical risks as with any full contact physical activity.

Payments made to Michael Gray BSB: 735 101. AC NO: 829771. Cash also accepted.

BKR JIU JITSU SA

