



Why YOUR child should join *Submission Grappling for Kids...*



Serena Wooten and Sydney Allen practicing the headlock escape, which teaches practical problem solving skills

**Critical Thinking Skills** mental fitness **physical fitness** **Winning Attitude** camaraderie *Team Work*  
**Perseverance** **SELF CONFIDENCE**

Through the art of grappling your child will learn how to solve problems and practice giving his all while remaining respectful and courteous to his partners. He will learn the value of working on a team while maintaining a sense of individuality. He will perform Yoga, push ups, sprints, squats, abdominal exercises, and martial arts drills designed to promote flexibility, strength, endurance, and agility. All of this takes place in a fun filled safe environment designed to develop personal character and practical self defense skills that will last a life time.

**This class is appropriate for all elementary school age children (boys and girls). We meet on Tuesdays from 5:15pm until 6:30pm at Pump it Up in Brier Creek. Your first visit is FREE!**

**For further information, please contact Jeff Wooten at 919-606-2149 or email [jeff@yourbodymechanic.com](mailto:jeff@yourbodymechanic.com).**