

# Nemuri Kuma Jujitsu

Jujitsu is a truly non-aggressive self-defense style that emphasizes the avoidance of fighting. Beginning students learn balance, stance work, anatomy, leverage, escape, joint manipulation and simple takedowns. Students also learn the art of tumbling, rolling and the proper way which to fall. Jujitsu employs the principles of yielding and redirection of energy to break an opponent's balance.

	Tuesdays	Thursdays
<b>Children's Classes</b>		
<b>White Belts</b>		
	4:30—5:25	4:30—5:25
<b>Color Belts</b>		
	3:30—4:25	3:30—4:25
<b>Adult Classes</b>		
	6:00—7:15	6:00—7:15

**\$60 per month for Youth Members**  
**\$65 per month for Youth Non-member**  
**\$80 per month for Adults**  
**No Contracts, No Belt Testing Fees.**

**Membership in the American Judo and Jujitsu Federation is required. Membership is \$60 per year for adults and \$30 per year for children. Uniforms can be purchased at class for \$20.**



**Northeast  
YMCA**

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This is not a program of the  
San Juan Unified School District and the  
SJUSD accepts no liability or responsibility  
for the program.