

Awareness

**Body
Language**

**Verbal
Language**

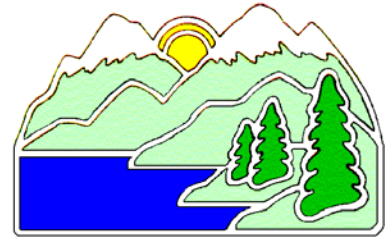
**Fighting
Back**

Survival

Confidence

Safety

**CHARLES
GRACIE
BRAZILIAN
JIU-JITSU
BEGINNER CLASSES**



**WEDNESDAYS 7:00-8:30 pm
at
Rideout Community Center**

**On going classes begin
January 13**

Brazilian Jiu-Jitsu is a martial art that focuses on grappling and ground fighting. It promotes the principle that a smaller, weaker person can successfully defend themselves against a bigger, stronger assailant using leverage and proper technique

**TO REGISTER CALL: 530-583-3440, x10 or
visit us online at www.tahoecitypud.com
Fee: \$10 per person/class**

Tahoe City PUD Parks and Recreation Department
740 Timberland Road, Tahoe City, CA
530 583-3440 x10 / 530 583-8452