



Wait!

Before you pull out that credit card to get the newest Xbox or an iPad for your bored or crying child, consider another alternative that's better than having them on the couch, self absorbed on a monitor, or squinting and basking on the glare of a TV, clutched-fist on a game console remote.

Yes, there is an alternative... Brazilian Jiu-Jitsu for Kids

At **Gracie Barra Edmonton** our mission is to provide a **safe and fun environment** for children to excel in the martial art of Brazilian Jiu-Jitsu (BJJ), while in turn, **improving their self-esteem, physical fitness, and respect for themselves and others.** This program will not only get kids in great shape, but they will gain the self-confidence to tackle any of life's challenges!

We incorporate fun, fitness and discipline into every class! Our **Future Champions Kids Program** teaches kids how to handle negative peer pressure and threatening situations through our **Stop-Bullying Program.**

Jiu-Jitsu is the most effective self-defense system in the world and it will equip your child with skills to enhance his or her physical and emotional wellness.



"Huge facility, broken up into the different disciplines with classes running at the same time. Kids can train while mom and dad can sweat too. Lots of instructors so lots of one on one. Very welcoming to the green guy with zero intimidation. The kids love it and I can already see their confidence soaring. Bye, bye bullies. Pretty impressive. You really gotta go and see it."

~ *Shane Mullins*

"Kids should be able to co-exist and live free from harassment and bullying. I'm really glad Legends Training Centre is raising awareness against bullying and teaching our kids how to defend themselves against bullies without being violent. This was a great bonus for the community as it was also free. This shows how truly family-oriented Legends Training Centre is."

~ *Raygen Nicolasora*



"There is no losing in Jiu-Jitsu. You either win or you learn." ~ *Carlos Gracie Jr.*

Legends Training Centre

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Brazilian Jiu-Jitsu Programs for Children



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What makes BJJ different from other Martial Arts?

Unlike other forms of martial arts that focus on fancy punches, kicks and flips, BJJ focuses on self-defense techniques that provide real practical value when your child may find themselves in dangerous situations. Jiu-Jitsu is translated as “the gentle art,” it focuses on using strength and technique in the most efficient way possible to control and overcome opponents of greater size and strength thus making BJJ the perfect martial art choice for children.

Benefits of the Gracie Barra Future Champions Children’s Program

- ★ Improves self-confidence
- ★ Promotes a healthy life style
- ★ Teaches self-defense skills
- ★ Improves focus and concentration
- ★ Teaches positive social values such as respect, integrity, humility and dignity
- ★ Improves motor skills, agility, balance and flexibility
- ★ Improves communication skills
- ★ Enhances team working skills
- ★ Teaches kids how to handle negative peer pressure and threatening situations
- ★ Teaches respect for oneself and others
- ★ New friendships
- ★ It’s fun!

BJJ Builds Confidence

A young individual needs to learn that they can achieve and building their self-esteem is very important. Children with low self-esteem rely on coping strategies that are counterproductive such as bullying, quitting and cheating. Jiu-Jitsu is one of the best ways to boost confidence and self-esteem. Learning a new move, submitting a training partner, or achieving a belt rank builds confidence and motivates kids to continue training and learning.

BJJ Helps Build Friendships

One of the most important things kids need to forge at an early age is their relationship to their peers. As parents, we are concerned with who our children interact with. At Legends Training Centre, we provide a fun and safe environment where kids are able to rub elbows with kids their own age, which fosters friendships that could last a lifetime.

BJJ Teaches Discipline and Respect

When kids engage in a highly competitive sport, they are taught that in life there are rules. They will

“I would definitely recommend Legends Training Centre for children. Any parent who has experienced the frustration of having their kid bullied would benefit here. The trainers, especially the owner, really make an effort to connect with each child individually.” ~ Reema H.

learn that breaking rules can either hurt them or keep them from reaching their goals. The children are taught to respect elders of the gym as well as their peers, and will learn the virtue of listening. When they shake hands after losing a match, they will learn good sportsmanship and humility.

BJJ Teaches Self Dependency and Problem Solving Skills

BJJ teaches kids to think through a situation and make decisions on which technique to apply when. They experience success when they are able to problem solve in dynamic situations.

A FREE Week On Us

Present the coupon below, or visit our website and sign up to receive a free week of Jiu-Jitsu training. We are confident that once your child experiences the art of Jiu-Jitsu, they’ll want to stay with it and learn more!



This coupon is valid for:

One FREE week of Jiu-Jitsu Training

at Legends Training Centre
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NO MORE BULLYING

Legends Training Centre offers an anti-bullying program for boys and girls.

Call us or visit us online for details.
780.990.0996 | legendstrainingcentre.com



