



SUNNYVALE
JIU JITSU

JIU JITSU SEMINAR

FREE FOR
STUDENTS & PARENTS

1.11.2025

SATURDAY

1PM - 2PM

AGES 16 YRS +

NO EXPERIENCE NECESSARY

REGISTER



Front desk or
student portal



(408)773-8095



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What is Jiu Jitsu?

Jiu-Jitsu is a martial art and sport that focuses on grappling and ground fighting. It emphasizes techniques, strategy and positional control to overcome an opponent, even if they are larger or stronger.

What will I learn?



You'll be introduced to essential techniques in a relaxed and beginner-friendly environment. We will introduce the following techniques:

- Safety and Etiquette
 - Fundamental Movements
 - Positional Awareness
 - Defense and Escapes
 - Introduction to Submissions
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What do I wear?



All you need is comfortable workout attire. A shirt that covers your shoulders and long pants that cover your legs. We recommend compression shirts and pants under loose clothing.

Can I bring a friend



Absolutely, we encourage it! It is always fun to start something new with a friend!

What if I want to join?



If you enjoy the seminar and want to continue learning, we'll have a special discounted training opportunity available for our grand opening



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