

Kids Martial Arts Classes



PRECISION
Martial Arts

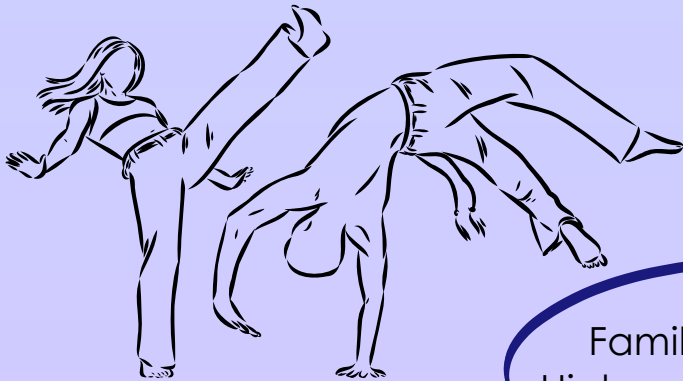
Martial arts is a fun way for kids to improve both their physical and mental skills. We work not only our bodies but our minds too, all while staying safe, having fun, making new friends and enjoying Martial Arts!

Brazilian Jiu Jitsu [Ages 6 and up]

Learn fundamental positions and techniques, both on the ground and standing, working as a team and building focus. Explore takedowns, sweeps, control and submission positions, as well as escaping.

Capoeira [Ages 8 and up]

Here we get things heating up with acrobatics and capoeira movements, perfect for strengthening and balancing the entire body. As we warm up and build our coordination, we progress to an array of kicks and acrobatic moves like cartwheels and hand-stands. This is a no-contact class. Parents, train with your kids!



Family discounts!!
High quality instruction



Webpage

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 @precisionmartialarts