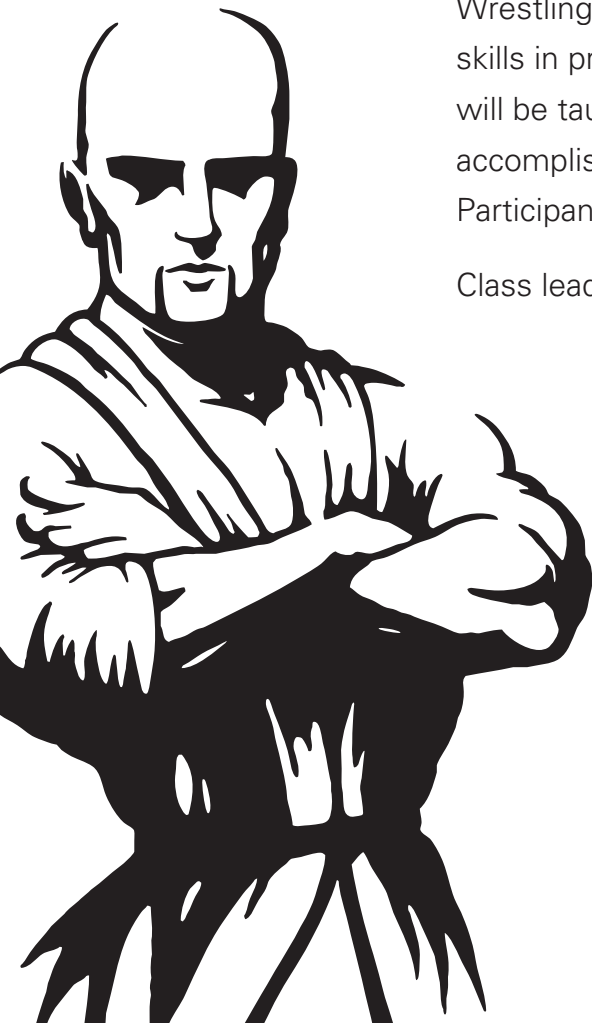


Youth Grappling Class



In this hands-on class, children will be introduced to techniques, training and fundamentals of Grappling, a combination of Brazilian Jiu-jitsu and Wrestling, in a safe, fun and disciplined environment. Fundamental skills in proper falling, positions, transitions and submission techniques will be taught. Leveled progressions will give children a sense of accomplishment. No prior experience in grappling required. Participants must be between 7–13 years of age.

Class lead by Kurt Morella, Combined Forces Martial Arts.



Tuesdays & Thursdays
5:30pm–6:15pm
Classes begin June 22

Sonoma Taekwondo Center
18909 Sonoma Hwy • 707-935-7118