

# IMPACT

## Jiu Jitsu

# Jiu Jitsu

For Youth & Teens



Join Us for  
1-Week of  
Free Lessons

**Beaverton Academy**  
4240 SW Cedar Hills Blvd  
Beaverton, OR 97005  
503-350-3926

**Clackamas Academy**  
16116 SE 82nd Dr  
Clackamas, OR 97015  
503-387-5923

[info@impactjj.com](mailto:info@impactjj.com)  
[impactjj.com](http://impactjj.com)

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## Jiu Jitsu

### Why Choose Jiu Jitsu for Your Children?

Brazilian Jiu Jitsu is a wrestling style martial art developed for self defense. There are many physical and mental benefits of Jiu Jitsu including character development, mental acuity, and physical fitness. Through the study and regular practice of Jiu Jitsu, children learn how to handle conflict and defend themselves in bullying situations. Furthermore, students are taught that their skills are only to be used outside of practice and competition for self defense.

At Impact Jiu Jitsu our talented Instructors provide the highest level of technical Jiu Jitsu training, a focus on values and character, and a meaningful system of promotion and accomplishment – all in a safe and fun environment.



Bring this in for a FREE week trial

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