

Introduction to Martial Arts for Special Needs Students

*Programs specific to your child's individual needs and not just
"we handle special needs children"*

Clinical Benefits

- Balance / Coordination
- Gross / Fine Motor Skills
- Hand and Eye Coordination
- Sensory Stimulation
- Builds Self Confidence
- Self Esteem
- Anxiety Relief



Martial Arts Benefits

- Discipline and Respect
- Complete Mind and Body Workout
- Goal Setting Skills
- Social Interaction and Camaraderie
- Improves Focus and Concentration
- Improves Self Control
Self Defense

Class Schedule

Thursdays		Saturdays	
6:15 - 7:00	4yrs – 6yrs	1:00 - 1:45	4yrs – 6yrs
7:15 - 8:00	7yrs – 12yrs	2:00 - 2:45	7yrs – 12yrs
8:15 - 9:00	13yrs – Adults	3:00 - 3:45	13yrs – Adults

Small Group Training and Privates available

Instructors

Alan Teo

2nd Degree Renzo Gracie Black Belt
Certified JKD Instructor

Chris Skelley

4th Degree Judo Black Belt
2012/2016 Olympic Team Manager

Bill Pinckney

3rd Degree Shukokai
William Paterson University
Dept. of Kinesiology

We pride ourselves in offering personalized and individual attention to every one of our students. We will focus on the individual child's needs and develop life skills through the practice of martial arts. "Our Mission is to teach your child how to transfer the lessons from the dojo in to academic success in the classroom and life".



We are excited to offer this program and look forward to welcoming our new students to our Dojo.

For further information please feel free to contact: Renzo Gracie Fort Lee at [201.450.9790](tel:201.450.9790)

Teo Brazilian Jiu Jitsu, LLC • 2175 Lemoine Ave, Fort Lee, NJ 07024 • Email: teobjj@gmail.com • www.renzograciefortlee.com

