



# Steelcutlass Dojos

**Schenectady JCC**

**VEE JITSU TE AND SELF DEFENSE**

**JU JITSU, JUDO, AIKIDO, KARATE AND SYSTEMA**



**FOR KIDS AGES 5 & Up**  
**Beginning March 14<sup>th</sup>**



**Please PRE-register to ensure the class takes place**

Discover how to appropriately handle difficult / dangerous and everyday situations.

- ❖ Gain confidence learning how NOT to use force to resolve conflicts.
- ❖ Become physically active in a traditional martial arts form.
- ❖ Develop respect for themselves and others.
- ❖ Practice self-defense in a fun, safe environment with an experienced children's instructor with 20 years experience.
- ❖ Learn defenses geared to real life experiences children will encounter.

**\$60 per month for members, \$75 non-members**

**Classes Mondays & Thursdays from 3:30pm - 5:15pm**

**SENSEI ROGER THOMPSON**  
**SANDAN-3<sup>RD</sup> DEGREE BLACK BELT**  
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