

武道会柔術



BKJJA: CONFIDENCE

## **CONFIDENCE**

Learning self defence in a ju jitsu session improves a child's confidence.

The syllabus is specially designed for children. It starts by teaching simple techniques and tactics that can be used.

As training continues the syllabus builds on previous work and more advanced moves are introduced.

This progression allows the youngster to gain self defence and anti-bullying skills early in their training. Their knowledge about dealing with bullies help improves the child's confidence.