

***Teen Court will be monitoring your compliance with this program.**



Brazilian Jiu Jitsu & MMA: Teen Court Program

Why Jiu Jitsu & MMA?

- Our hope is that your teen will be able to learn self-control and recognize the power that he/she possesses.
- It is our hope that through this recognition of their power they will be able to better manage, control, and re-direct their energy in a positive way (mental discipline).
- We also hope that the discipline of Jiu Jitsu will produce patience, help reduce stress, provide a physical outlet for repressed feelings/emotions/behaviors, and overall promote well-being.

How often will I attend?

- This is an 18-session program (approx. 2 months)
- It will meet 2 times/week (Tuesday & Thursday)
 - From 6:30-7:30
 - At 21 Bisbee Court Santa Fe, NM
 - Fee: \$60.00

Please contact Tim Valdez to schedule start date (505)913-0080