



Jiketsu Martial Productions Foundation presents our



MARTIAL ARTS, SELF-DEFENSE & NATURAL HEALING PROGRAMS FOR THE WHOLE FAMILY!

TINY TOTS MARTIAL ARTS PROGRAM

Designed as an **interactive** class for children and their parents, this program consists of martial arts, calisthenics, yoga, stretching, simple meditation and **LOTS OF FUN!** Classes are held on **Saturdays** from **9:00-9:30am** for **2-3 year olds**, **9:45-10:30am** for **4-5 year olds** & **10:30-11:15** for **6-9 year olds** at **Jiketsu Centre**.



YOUTH MARTIAL ARTS CLASSES

Designed for **school-aged children**, classes are held on **Mondays** and **Wednesdays** from **4:00-5:30pm** at **Jiketsu Centre**.



FAMILY SAFE PROGRAM

Brand New! This revolutionary Self-Defense Company program utilizes proven tactical methods that give you and your child a **hard and fast set of rules** to follow, while also detailing **methods of escape and evasion, home invasion and survival** and more.



ADULT KARATE CLASSES

World-class instruction in traditional **Shotokan Karate**, World Karate Federation (WKF) Sport Karate, Traditional Okinawan Weapons (**Ryukyu Kobujutsu Hozon Shinko Kai**) and other martial systems. Classes are held from **7:00-8:30pm** on **Monday** and **Wednesday** evenings at Jiketsu Centre.



MIXED MARTIAL ARTS (MMA)

This complete **MMA** training program highlights the essential principles and techniques of the **stand-up** game and **ground** game.



FITNESS, WELLNESS & BODY SCULPTING PROGRAMS

Redefine who you are and who you **visualize** yourself becoming. Realize your goals through our specialized holistic programs. Understand how **balancing** your **mental** and **emotional** content manifests a positive effect on the development and **transformation** of your physique. Burn and dispose the excess **FASTER** with this scientifically proven set of **functional** calisthenic programs.



10 LESSON SELF-DEFENSE COURSE

Adults, know exactly what it takes to prevent and survive violence. This course features **strategic plan development**, **avoidance and threat identification** as well as **tactical execution** including **escape & evasion techniques** and more.



THE SELF-DEFENSE TRAINING SYSTEM (SDTS)

Adults, learn **specialized defensive tactics training** and education in this series of one-month programs including **Essential Self Defense, Advanced Strikes, Defense Against Mugs & Holds, Ground Fighting for Keeps, Weapons Defensive Tactics** and more.



BLUE SUN ALCHEMICAL HEALING CENTRE

Benefit from **Energized H2O** therapy/treatments, **Food Grade H2O2** therapy/treatments, **MILA** - The Miracle Seed and **Ultra High Frequency Advanced Alchemical Healing Treatments** for ALL dis-eases.



For more information or to reserve your space today, contact Jiketsu Centre at jiketsuadmin@northrock.bm, Chief Facilitator/Instructor **Reuben Bean** at **441-705-7541** or jiketsu@northrock.bm or visit www.jiketsumartialproductions.com

Jiketsu Centre is located in the former library at the Old Berkeley Institute. Entrance is up the stairs on the crest of Berkeley Hill.