



# JIU JITSU / SELF DEFENSE

BUILDING MUSCLE AND INCREASING FLEXIBILITY  
IMPROVING MENTAL STRENGTH  
MEMORY AND BRAIN FUNCTION  
DEVELOPMENT OF PROBLEM-SOLVING SKILLS  
SELF-CONFIDENCE BOOSTER  
PROMOTING HEALTHY COMPETITION




**PICK UP SERVICE**

KISSIMMEE ELEMENTARY - KISSIMMEE MIDDLE  
FLORA RIDGE ELEMENTARY

[www.gbkissimmee.com](http://www.gbkissimmee.com)

 @graciebarrakissimmee  Gracie Barra Kissimmee

2800 W Vine St - Kissimmee - FL -  407-201-7636