



TCR 柔術 Ju-Jitsu 術



The Discipline

Jujitsu literally means "gentle art". It was invented in Japan and developed as a result of battle between the villagers and the feudal lords. It's techniques are very effective for self defense. Children will learn about kinesiology and joint movement/action, balance, coordination, control, and light tumbling. This will expand their awareness, help accentuate their athleticism, help prepare them for other sports, and give them a sense of confidence in themselves and their own safety.

The Sensei

Sensei Osondu Thambo is a 3rd degree Blackbelt in the Art of Fannul Harb Jujitsu and has trained in numerous arts around the world, including Kung Fu, Jeet Kune Do, Kali, and Pancak Silat. "I was always fascinated by what the different arts offered, and how they interweave to complete the person." A true 3rd generation student of the late Bruce Lee, this Brooklyn native believes most in helping people to find their voice in the martial arts, and takes a "natural approach" to teaching. A Certified Personal Trainer for 13 years, Osondu believes in muscle balance and safety first. As an 18 year Martial Arts veteran, Sensei Osondu says "the greatest edification of a teacher is to have the students surpass him".

First session starts November 2nd, 2010

Member Monthly Rate

1 Class/week: \$70 2 Classes/week: \$90

Non Member Monthly Rate

1 Class/week: \$100 2 Classes/week: \$115

Students must purchase a uniform for \$40.00

Select Day(s): Tuesday Thursday

AGES: 4-7 year olds meet from **4:00-5:00PM**, 8-15 year olds meet from **5:00 - 6:00PM**

TCR ACCOUNT # _____ LAST NAME _____ FIRST NAME _____

ADDRESS _____ APT. _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ HOME PHONE _____

MOM NAME _____ DAD NAME _____

EMERGENCY CONTACT # _____ SCHOOL NAME _____

GRADE _____ AGE _____ DOB ____/____/____

PAYMENT METHOD

Cash Check Amex Visa Master Card Dis.

CARD# _____ Expiration Date ____/____

Enrolled by: _____ Date: _____ Confirmed by: _____ Date: _____