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# Maximillian Jiu Jitsu

**Address**

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Jiu Jitsu is a combat sport or martial art which focuses on using leverage through various techniques in order to defeat larger and stronger opponents. Because Jiu Jitsu centres around ground fighting techniques and submissions, it is an excellent means of self defence as altercations can be stopped without excessive force.

Classes at Maximillian are specifically structured to facilitate learning, enjoyment and character development for all of our kids. Sessions include skills and exercises to develop strength and coordination, techniques to practise as well as live sparring for students to learn how to apply the techniques in realistic scenarios.

The club also encourages students to participate in local competitions as this is yet another excellent means of growth and development.

Our Kids Program enrolls students beginning at 5 years old ranging up to 12 years old. Toward the end of each term we hold gradings to provide incentive and positive reinforcement to our developing students.

For more details, please visit <http://www.connectingkidz.co.za/maximillian-jiu-jitsu>

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