

Self Defense Workshops for Girls

Brownie Classes
October 13, 2013
May 10, 2014

Junior Classes
November 2, 2013
December 7, 2013
April 12, 2014



Time: 12pm-2pm

GSGLA GS Cost: \$18

Location:
Gracie Barra- Arcadia

Register online @
www.girlscoutsla.org

Questions- contact
Deanne Moore
DMoore@girlscoutsla.org

Cadette, Senior, Ambassador Classes
November 16, 2013
January 11, 2014



With the up rise in bully behavior and incidence of violence against girls, being able to defend yourself is very important. The introductory workshop will use the art of Gracie Barra Brazilian Jiu Jitsu (GB BJJ) as a means of self defense. You will learn that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique. The seminar will be taught by Lucas Rocha the head instructor of Gracie Barra Arcadia and a coach to our military, police and a multilevel Champion and his staff.

*Adults are asked to wait while workshop is in session.
The adult girl ratio needs to be met. Adults will be asked to wait in the waiting area of their studio.

wellness & healthy living