

KIDS KIDS?

Bully Camp



- Kids ages 10-17 years old
- Kids learn Self Defense, when and when not to use it.
- How to *NOT* be a bully and to handle situations when being bullied
- Have your child learn self respect and discipline
- Kids will have fun while being active
- Cardio endurance and strength training
- Fun and games
- A great way to start the summer off!



DARCIO LIRA
Brazilian Jiu Jitsu

Darlynson Lira - Instructor

Darlynson has 16 years of experience working with children. He believes in respect, honor and hard work. With 21 years of experience in Martial Arts Darlynson has 16 years of teaching locally and internationally. He emphasizes no violence only self defense skills and enjoys showing kids how to be themselves.

Learn from the best!



Dates & Times

June 27, 2011 to July 1, 2011
Monday-Friday
8:00AM to 12:00PM
Ages 10-17

KIDS BULLY CAMP



1279 Quarry Lane
Pleasanton, CA 94566
925-967-3265
www.elitetrainingca.com

\$200 Full Week

