

# What's your favorite Jiu-Jitsu move?



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and why? \_\_\_\_\_

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**BJJ Builds Confidence in kids.**

**Confident kids solve problems.**

**Confident kids create solutions!**

**How to share Jiu-Jitsu with a friend:**

- Invite them to your BJJ class to watch.
- Be a good example when you're hanging out together.
- Invite them to participate in a Jiu-Jitsu class at your school.
- Invite your BJJ professor to do a "show and tell" at school.

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**Great content all the time!**