

CHILDREN'S JIU-JITSU

I see a level of confidence in my son when dealing with and being in front of others, and I believe the instruction at Three Rivers teaches him respect and how and when it is appropriate to use what he learns.

Chad Beyer

Three Rivers Martial Arts Academy is a training association of the Royce Gracie Jiu-Jitsu Network. In this art, easily learned principles of leverage and positioning allow your child to defend himself or herself from an aggressor twice as large. Rank earned is recognized on a world-wide level, not just locally. The benefits your child will receive include:

- Physical fitness and a realistic approach to self-defense
- Calmness under stress, which helps in academic and peer situations
- Memory & agility skills, which helps in other sports & activities as well
- Personal achievement, which enhances self-discipline and confidence.

Jason Hawkins and Eli Knight

Owner and chief instructor of Three Rivers, Jason is a brown belt assistant instructor under Royce Gracie, as well as a certified instructor in G.R.A.C.I.E. law enforcement tactics. Eli is the senior supervising instructor, Legatus instructor of the Mixed Martial Arts program, and a three-stripe purple belt and certified coach under Royce.



SCHEDULE

3R Tigers

5-9 years old

Mondays & Fridays

5:00-6:00 pm

Juniors

10-14 years old

Mondays & Fridays

6:00-7:00 pm

Set up a group class with your friends to fit your schedule. Private lessons are also available.

2343 New Holt Road, Livingwell Centre • Paducah KY 42001 • 270.443.1829 • www.ThreeRiversAcademy.com • trmaa@bellsouth.net



INTRODUCTORY SPECIAL \$25.00

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

EQUIPMENT Uniforms starting at \$55.00

Order Atama or Century through Three Rivers to receive free shipping. Not needed for introductory session.

