

WEEKLY SCHEDULE

KIDS | DANVILLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:15 PM KORE	5:00 PM SOTO	3:15 PM KORE	4:00 PM YAMA NOGI
4:00 PM SHIN		4:00 PM SHIN	5:00 PM SOTO
5:00 PM YAMA		5:00 PM YAMA	
FRIDAY	SATURDAY		
	9:15 AM KORE		
	10:00 AM SHIN		
	11:00 AM YAMA		



KORE 3 - 4yo
SHIN 5 - 6yo
YAMA 7 - 10yo
SOTO 11 - 14yo

START AT THE CORE.

AT 3-4 YEARS OLD, THE DEVELOPMENTAL STAGE IS ABOUT FINDING THEIR "CORE", BALANCE, BASE, AND THE VERY BEGINNING OF DISCIPLINE.

BUILD THE SPIRIT.

IN JAPANESE, SHIN REFERS TO HEART, SPIRIT, AND MIND. AT 5-6, CHILDREN ARE DEVELOPING THEIR "INTERNAL SPIRIT", LEARNING FOCUS, COURAGE TO TRY NEW THINGS, AND THE HEART TO KEEP GOING EVEN WHEN IT'S HARD.

BECOME THE MOUNTAIN.

MEANING "MOUNTAIN," THIS REFLECTS THE STAGE WHERE TECHNIQUE BECOMES SOLID. AT 7-10, WE FOCUS ON BEING "UNSHAKABLE", STABILITY IN THEIR MOVEMENTS AND A PEAK IN THEIR ATHLETIC CONFIDENCE.

LEAD WITH THE SHIELD.

REFLECTING THE "OUTER" OR "EXTERIOR" PROTECTION. FOR TEENAGERS, JIU-JITSU IS THEIR SHIELD AGAINST EXTERNAL PRESSURE. THIS STAGE IS ABOUT LEADERSHIP, USING THEIR SKILLS TO PROTECT THEMSELVES AND OTHERS, AND TAKING OWNERSHIP OF THEIR JOURNEY.



(341) 465-2598

ESSENCEBJJDANVILLE

INFO@ESSENCEBJJ.COM

177 HARTZ AVE, DANVILLE, CA 94526