

Childrens Programs

Contributed by Administrator

"GIVE YOUR CHILDREN THE GIFTS OF LIFE-LONG SELF-DEFENCE, HEALTH AND COMMUNITY"

Junior Jiu-Jitsu: call 905-544-9788 for class times

We offer a great many Jiu-jitsu classes for children, where they can safely and cheerfully develop their minds and bodies under expert instruction. Jiu-jitsu, unlike many sports, is both a solo and a team activity. Thus, as a solo activity, the child develops personal integrity and courage, and as a team activity s/he develops cooperation, communication and respect for others. These positive benefits are readily apparent in the increased maturity of our students in all realms of life, and in their enhanced achievements at school. Jiu-jitsu develops strong visual memory and creative problem-solving skills which are essential for developing the minds of children. HSMA gives children the right mind-set and abilities to set them on the path to success in life.