

POLICE BRAZILIAN JIU-JITSU SEMINAR



DO NOT MISS OUT on this great event! Journey Jiu-Jitsu is offering a **FREE** seminar for all law enforcement officers! Learn efficient ways to defend yourself and control your attacker. The techniques that will be taught are Brazilian Jiu-Jitsu techniques that have been proven for many years to be effective in competition as well as self-defense. Our mission at Journey is to show people the importance of self-defense and to encourage law enforcement to improve their skills in a safe and friendly environment.

- When: February 1, 2020 @ 12pm-2pm
- Where: Journey Jiu-Jitsu, 15042 Carrollton Blvd. Carrollton VA 23314
- Please come wearing comfortable active wear.