



INTRO TO JIU JITSU

for real estate professionals

Regardless of your age, fitness level, goals, or experience, this course will provide practical self-defense skills, increased confidence in handling challenging situations, and a deeper understanding of personal safety strategies -- all tailored to the unique needs of real estate professionals!

Participants are encouraged to engage in the training to the extent that they feel comfortable, at their own pace, with respect for personal boundaries.

This is a great companion to GRAR's classroom Safety Continuing Education Course for REALTORS®, but that course is not a prerequisite for this hands-on training.

1 hour of hands-on training + 30 minutes of Q&A

Dates:

April 23, June 11, and October 8, 2024

Time:

1:00 to 2:30 p.m.

Location:

Deep Blue Brazilian Jiu Jitsu,
9175 Cherry Valley Ave SE - Suite K, Caledonia
616-420-4717

Class Size:

Limited to 20 participants per session.

Cost:

\$20

(includes a free, 1-month membership to the Deep Blue Brazilian Jiu Jitsu school)

Questions:

Contact Krissie Entsminger at kris@grar.com

**CLICK ON THE SESSION
BELOW TO REGISTER:**

APRIL 23

JUNE 11

OCTOBER 8