

# KIDS MARTIAL ARTS & SELF DEFENCE



## **Brazilian Jiu Jitsu and Kickboxing**

- Builds Confidence and Self Esteem
- Improves Balance and Coordination
- Improves Health and Fitness
- Instils Focus and Discipline
- Promotes Socialising and Bonding

## **Arrange a Trial Class:**

[www.omegagamma.com.au](http://www.omegagamma.com.au)

[info@omegagamma.com.au](mailto:info@omegagamma.com.au)

0432 366 496



**OMEGA JIU JITSU AND MMA**  
6-8 Down Street, Collingwood