

PROJECT PROPOSAL

MARTIAL ARTS & SELF-DEFENSE PROGRAM
AT ALL SAINTS SCHOOL



Martial Arts & Self-Defense Introductory Program

Program Overview

- **First Class:** January 12th, 2026
- **Age Group:** Children ages 3 to 5
- **Limited Availability:** 25 spots only

Class Schedule

- **Mondays:** 2:15 PM – 2:45 PM (All Saints School)
- **Saturdays:** 10:30 AM – 11:00 AM (Elementum Jiu-Jitsu HQ)

Students must attend Saturday classes wearing the official Elementum Jiu-Jitsu T-shirt and comfortable clothes without pockets and zippers.

About the Program

This program is thoughtfully designed for young children, combining movement, discipline, and emotional development in a safe and nurturing environment, aligned with early childhood education principles

What Children Learn

- **Authentic Brazilian Jiu-Jitsu:** Coordination, balance, leverage, and body control through structured physical play.
- **Character Development:** Perseverance, empathy, respect, and discipline.
- **Anti-Bullying Strategies:** Verbal confidence, personal boundaries, and respectful assertiveness.
- **Confidence Through Care:** A supportive setting where children feel safe to grow emotionally and physically.

Our Instructors

Experienced teachers in early childhood martial arts. We teach martial arts but we are truly building people.

Saturday Academy Experience

Saturday classes at Elementum Jiu-Jitsu Headquarters provide students with the opportunity to train in a professional martial arts environment, connect with the broader academy community, strengthen friendships, and deepen character development. This is more than an extra class, it is an invitation to belong.

Tuition & Enrollment

Semester Tuition Options:

- **Option 1** – Monthly Charge (Semester Commitment): \$170 per month
- **Option 2** – One-Time Semester Payment: \$680

Enrollment includes the official Elementum Jiu-Jitsu T-shirt and Saturday training sessions at Elementum Jiu-Jitsu HQ.

Contact & Next Steps

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