

WAIT!

Before you pull out that credit card to get the newest Xbox or an iPad for your bored or crying child, consider another alternative that's better than having them on the couch, self absorbed on a monitor, or squinting and basking on the glare of a TV, clutched-fist on a game console remote.

Yes, there is an alternative...

Brazilian Jiu-Jitsu for Kids

At SIMS Martial Arts Academy our mission is to provide a **safe and fun environment** for children to excel in the martial art of Brazilian Jiu-Jitsu (BJJ), while in turn, **improving their self-esteem, physical fitness, and respect for themselves and others**. This program will not only get kids in great shape, but they will gain the self-confidence to tackle any of life's challenges!

We incorporate fun, fitness and discipline into every class! Our **Youth Jiu-Jitsu Program** teaches kids how to handle negative peer pressure and threatening situations through our **Stop-Bullying Program**.

Jiu-Jitsu is the most effective self-defense system in the world and it will equip your child with skills to enhance his or her physical and emotional wellness.

SIMS/10th Planet is one of the most impressive places I've ever been. The approach to Jiu Jitsu is unique, and inspiring. Derek and the coaches do an awesome job of pushing everyone to be their best. If there was a way to be even more impressive SIMS found it in Tiger Tigers, the kids in that class are always respectful, energetic, controlled, and enthusiastic. If you want to be fit, have fun, and be welcome like a family, SIMS/10th Planet - Omaha is the place to be.

— CrossFit Coach MICHAEL VIDAS



SIMS Martial Arts Academy

Proudly celebrates its 10 Year Anniversary!

Learn More online at www.simsdojo.com

10th Planet Omaha
1512 Harlan Dr
Bellevue NE

10th Planet Auburn
1916 O St
Auburn NE

JIU-JITSU FOR KIDS

Award winning grappling and self-defense programs for kids and teens starting at 3 years old and up.





Benefits of the 10th Planet Jiu-Jitsu

Youth and Teen Jiu-Jitsu Programs

- * Improves self-confidence
- * Promotes a healthy life style
- * Teaches self-defense skills
- * Improves focus and concentration
- * Teaches positive social values such as respect, integrity, humility and dignity
- * Improves motor skills, agility, balance and flexibility
- * Improves communication skills
- * Enhances team working skills
- * Teaches kids how to handle negative peer pressure and threatening situations
- * Teaches respect for oneself and others
- * New friendships
- * It's fun!

Jiu-Jitsu Teaches Self Dependency and Problem Solving Skills

Jiu-jitsu teaches kids to think through a situation and make decisions on which technique to apply when. They experience success when they are able to problem solve in dynamic situations.

What makes Jiu-Jitsu different from other Martial Arts?

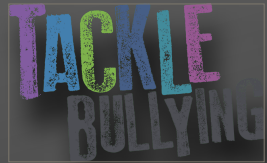
Unlike other forms of martial arts that focus on fancy punches, kicks and flips, BJJ focuses on self- defense techniques that provide real practical value when your child may find themselves in dangerous situations. Jiu-Jitsu is translated as “the gentle art,” it focuses on using strength and technique in the most efficient way possible to control and overcome opponents of greater size and strength thus making BJJ the perfect martial art choice for children.

S.I.M.S Martial Arts Academy Presents :
10th Planet Auburn!
1916 O Street
Auburn NE 68305



Sign up online at
www.10thplanetauburn.com
Space is Very Limited Join Today

Regular Anti Bully training for all youth students included in all youth memberships.



JIU-JITSU BUILDS CHARACTER

When you train jiu-jitsu you develop self-discipline, an understanding of responsibility and accountability, plus so much more.

BJJ Builds Confidence

A young individual needs to learn that they can achieve and building their self-esteem is very important. Children with low self-esteem rely on coping strategies that are counterproductive such as bullying, quitting and cheating. Jiu-Jitsu is one of the best ways to boost confidence and self-esteem. Learning a new move, submitting a training partner, or achieving a belt rank builds confidence and motivates kids to continue training and learning.

Jiu-Jitsu Helps Build Friendships

One of the most important things kids need to forge at an early age is their relationship to their peers. As parents, we are concerned with who our children interact with. At Legends Training Centre, we provide a fun and safe environment where kids are able to rub elbows with kids their own age, which fosters friendships that could last a lifetime.

www.10thplanetauburn.com

