

GRACIE JIU-JITSU 101

FREE SELF-DEFENSE SEMINAR

SATURDAY, MARCH 18, 2023
2pm – 4pm

NO EXPERIENCE NECESSARY – FIRST-TIME STUDENTS



STRUCTURE

SAFETY

STREET READINESS



COST

Participation is totally free,
But you must RSVP
In advance to save your spot!



LOCATION

Gracie Jiu-Jitsu Salt Lake City
2120 S 700 E #B
Salt Lake City, Utah 84106



DETAILS

No experience necessary.
Open to ages 13 and up.
Wear comfortable workout
attire.

RESERVE YOUR SPOT TODAY!

Register under Events at
www.GracieSaltLake.com

