



First Responders Foundation

Physical Health Gracie Jiu-Jitsu®

Tuesday, August 23rd

9-10 am - Law Enforcement Jiu-Jitsu Based Arrest and Control Tactics
1030-1100 am - Gracie Bullyproof Self Defense Class
3pm-4 pm - Women's Self Defense
430-530 pm - Law Enforcement Jiu-Jitsu Based Arrest and Control Tactics
7-8 pm - Women's Self Defense

Wednesday, August 24th

9-10 am - Women's Self Defense
1030-1100 - am Gracie Bullyproof Kids Self Defense Class
3-4 pm - Women's Self Defense
430-530pm - Law Enforcement Jiu-Jitsu Based Arrest and Control Tactics
7-8 pm - Law Enforcement Jiu-Jitsu Based Arrest and Control Tactics

Thursday, August 25th

9-10 am - Law Enforcement Jiu-Jitsu Based Arrest and Control Tactics
1030-1100 am - Gracie Bullyproof Self Defense Class
1130 am-1230 pm - Women's Self Defense

August 23rd, 24th & 25th various times

**Grace United Methodist Church
311 2nd Ave W. Spencer, IA**



Scan to Register



**Brian Bonifas,
Dir. of Physical Training & Certified Gracie Jiu-Jitsu® Inst.**

Brian has been involved in law enforcement since 2009. He has instructor certifications from the NE Law Enforcement Training Center, the Federal Law Enforcement Training Center, ALICE (Active Shooter Response Training) and 88 Tactical. Gracie Brazilian Jiu-Jitsu (BJJ) is a form of martial arts that started in 1925 in Brazil and has origins in Japanese Jujitsu and Judo.

**For more information visit www.firstrespondersfoundation.org,
email brian@firstrespondersfoundation.org or call 402-218-1234.**