

GRACIE JIU-JITSU 101

FREE SELF-DEFENSE SEMINAR

SATURDAY, MARCH 22, 2025
12pm – 2:30pm

NO EXPERIENCE NECESSARY | FIRST TIME STUDENTS ONLY



STRUCTURE

SAFETY

STREET READINESS



COST

Participation is totally free,
but you must RSVP in
advance to save your spot!

LOCATION

Gracie Jiu-Jitsu Seattle
4457 36th Ave. SW
Seattle, WA 98126

DETAILS

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

SPACE IS LIMITED-RESERVE YOUR SPOT TODAY!

Register now at www.gracieseattle.com/seminars-2025
info@gracieseattle.com | (206) 420-5018

