



50 WAYS MARTIAL ARTS TRAINING AT RABJJ IS GOOD FOR EVERYONE

1. Sharpens mental focus
2. Changes Self-Confidence
3. Teaches Good Manners
4. Emphasizes “Can Do” thinking
5. Increases motivation
6. Keeps the body healthy
7. helps break barriers
8. Expands Potential
9. Offers high energy workouts
10. Friendly and outgoing instructors
11. Daily character training program
12. Wear cool Uniforms
13. Being part of a winning team
14. Reduces Stress
15. Boosts speed and power
16. Offers a great family Activity
17. Raises Self-Esteem
18. Increases Energy
19. Promotes Communication skill
20. Opportunity to meet nice people
21. Gives Peace of Mind
22. Teaches Self-Protection
23. Develops Leadership skills
24. Promotes Weight control
25. Increases Respect for self and others
26. Encourage better grades
27. Improves personal relationships
28. Increases flexibility
29. Sharpens Reflexes
30. Improves Concentration
31. Heightens Courage
32. Promotes Perseverance
33. Guarantee Fun
34. Raises self-control
35. Encourages positive thinking
36. Expands listening skills
37. Increases Stamina
38. Promotes good citizenship skills
39. Improves balance
40. Enhances muscle tone
41. Strengthens Muscles
42. Improved coordination
43. Offers Classes for every skill level
44. Raises enthusiasm
45. Reinforces resistance to peer pressure
46. Develop consistence
47. Heightens awareness
48. Improves “Hustle”
49. Promotes good habits
50. Learn from world champion and former UFC fighter Ricardo Almeida