



Neutral Ground Martial Arts & Fitness



Sign up at the Port Washington Parks & Recreation Department

KIDS MARTIAL ARTS

Class Overview: Our kids program teaches kids the Olympic sport, Judo. Judo is comprised of two parts: throws and ground work. Each match starts with players on their feet in a battle for standing position and grips.

The ultimate goal in Judo is to pull off a flawless throw using technique, momentum and power, landing the opponent flat on their back, which results in an Ippon (*or win*).

This program is designed to:

- Build Respect and Self-Discipline
- Great Exercise
- Develop Learning & Listening Skills
- Strengthen Self-Defense
- & More

Because this is a grappling sport, it is uniquely different than traditional kids martial arts like Tae Kwon Do and is a great supplement for youth Wrestlers.

Learn More: at GraftonMartialArts.com

Ages: 4 – 12 years old

Length: 4-Weeks

Fee: \$40 (Includes full access to all their classes during the 4 week period)

Location: All Classes will be held at Neutral Ground Studio (1307 Wisconsin Avenue, Grafton)

Check this website for the class schedule and times:

<http://wisconsinbjj.com/item/grafon-jiu-jitsu-fuctional-fitness-class-schedule.html>

Class Session Dates: **Participants can do up to 2 sessions MAX*

- Session 1: December 11th – January 11th
- Session 2: January 15th – February 15th
- Session 3: February 19th – March 19th
- Session 4: March 25th – April 25th

About Neutral Ground: Neutral Ground Martial Arts & Fitness has provided unique recreational and fitness activities in the Grafton community since 2008. Our instructor team is comprised of very talented, certified and friendly in their respective fields. Our academy hosts a very warm, friendly and welcoming atmosphere for people of all ages and abilities.

Learn More & Get **Your FREE 7-DAY Pass** @ <http://wisconsinbjj.com>

[Facebook.com/NeutralGround](https://www.facebook.com/NeutralGround) - [Twitter.com/NeutralGroundJJ](https://twitter.com/NeutralGroundJJ)

[YouTube.com/NeutralGroundBJJ](https://www.youtube.com/NeutralGroundBJJ) - Google Places: <http://miniurl.com/119780>



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ADULT MARTIAL ARTS: JIU JITSU, JUDO, KICKBOXING

Class Overview: Our adult martial arts program consists of a mix of Brazilian Jiu Jitsu, Judo & Kickboxing. Jiu Jitsu & Judo are grappling sports similar to wrestling and have been named some of the most effective martial arts in the world today. They promote the principle that a smaller, weaker person using leverage and proper technique can successfully defend themselves against a bigger, stronger assailant.

Kickboxing uses stand-up striking techniques (*punches, kicks, elbows & knees*) to control and win the fight. This program is primarily bag and pad work with some optional contact workouts.

Great for self-defense, fitness, competition, or just plain old fun!

Learn More: at WisconsinBJJ.com

Ages: 13 – 60 years old

Length: 4-Weeks

Fee: \$30 (Includes full access to all their classes during the 4 week period)

Location: All Classes will be held at Neutral Ground Studio
(1307 Wisconsin Avenue, Grafton)

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ATHLETIC PERFORMANCE

Class Overview: Specifically designed for athletes, this program will greatly increase your strength, stamina, stability, flexibility and overall performance.

This program is uniquely different because it utilizes unique functional fitness exercises to bring your athletic fitness to a new level. We have specialized equipment such as kettlebells, suspension trainers, battle ropes, resistance band equipment, etc.

This is the perfect program for football players, soccer, basketball, wrestling, hockey, etc.

Learn More: at GraftonFitness.com

Ages: 14 – 30 years old

Length: 4-Weeks

Fee: \$30 (Includes full access to all their classes during the 4 week period)

Location: All Classes will be held at Neutral Ground Studio
(1307 Wisconsin Avenue, Grafton)

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