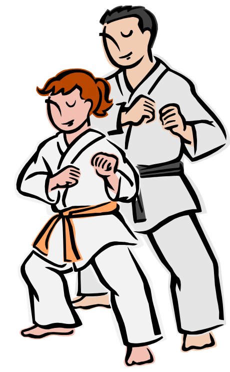
Rutgers Family Jujitsu Classes



Children's Class - Wednesdays 5:30-7:00pm

Teens and Adults - Wednesdays 7:00-9:00pm

The Edison Senior Citizen Center, 2963 Woodbridge Avenue, Edison

Children's Classes are open to children age 7 through 12; Teens through Adults for the Adult Classes. Participants will be divided appropriately by age and learn how to escape from various holds, hold an opponent on the ground, fall safely, and throw an attacker. They will also take turns leading exercises, giving them the opportunity to grow in their leadership abilities and in self-confidence. Both Children and Adults will work toward promotions in Danzan Ryu Jujitsu as extended members of Rutgers Jujitsu.

Barbara Gessner, 7th degree Professor of Jujitsu and 5th degree Black Belt in Judo, has been teaching Judo & Jujitsu for 45 years, 39 of those at Rutgers University. Black Belt Instructors and members of Rutgers Kodenkan Jujitsu Club assist Professor Gessner with instruction. All instructors have undergone background checks and are experienced in working with children through adults.

Fee for instruction is $50 per month. Two members of the same family are $90 per month. Three members of the same family are $125 per month. Classes will run continuously throughout the Year.

Enrollment will include registration with a national Jujitsu Organization. Children & Teens will also receive their own uniforms. (Adult participants will need to purchase their own at a cost of about $35)

Danzan Ryu Jujitsu is an effective system of non-aggressive self-defense that incorporates physical and mental training within a philosophy of ethical and moral development. The arts are taken from Judo, Kempo and other Japanese martial arts as well as Hawaiian Lua.

For further information please call/text Prof. Gessner at: **570-460-9335** or E-mail her at bgessner@verizon.net

Please fill out the form below and return to the Instructor with cash or check/money order made out to "Barbara Gessner"

古傳館 Rutgers Jujitsu

PERMISSION SLIP/APPLICATION

Name____ Sex____ Age____ D.O.B.________________

Address____________________________________ City__________________ Zip__________________

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do agree for myself/my child at all times to keep the said Recreation Department, Personnel and the Township of Edison free, and harmless and indemnified, from any and all liability for any injury I/my chld might sustain as the result of said participation. Photographs, videotapes and audio recording of the participant, while participating in a Recreation Department program may be made. I hereby permit, consent and authorize such materials of myself/my son/my daughter as an individual or part of a group with or without text, to be used for Edison Township Recreation Activities. It is further understood and agreed that Edison Township does not provide any insurance coverage for the participant or organization.

Parent/Participant Signature____________________________________ Phone/Cell #________________________

Edison Township Department of Recreation
Thomas Lankey, Mayor ~~Edison Township Council
Joyce Fircha, Supervisor