

GULF COAST NISEIDO[®] JU JITSU ACADEMY

SENSEI RICHARD PARLANTE
Shodan, Niseido Ju Jitsu • 1st dan, Wado Ryu Karate

LEARN TO DEFEND AGAINST

Empty Hand Attacks
Wrist & Garment Grabs
Body Holds
Choke Holds
Chest Pushes
Wrestling Holds
Kicks
Knife & Pistol Attacks
Club, Stick & Bat Attacks



LEARN TO EFFECTIVELY USE

Club Against Knife
Knife Against Knife
Club Against Club

PLUS

Grappling & Throwing
Kumite (Sparring)
Randori (Judo Play)
Joint Locks, & Much More



CLASSES ARE HELD FOR CHILDREN (AGES 8 - 14) & ADULTS (AGES 15 & UP)
Mondays & Wednesdays, 6PM - 8PM

REGISTER AT:

The Fleischmann Center, 1600 Fleischmann Blvd., Naples, FL 34102

CLASSES HELD NEXT DOOR AT:

The Annex Building, (next to the football field, entrance is off 10th St. North)

FOR MORE INFORMATION, CALL: SENSEI RICHARD PARLANTE AT 239-595-5950

**SURVIVAL IS NOT A GAME OR A SPORT...
IT IS AN EVERY DAY REALITY**