

**DNA**  
- JIU JITSU -

OCAC  
Foundation

# After School Classes

Sponsored by OCAC (Non-profit 501C3)

**4:30pm - 5:15pm**

Youth 1 (Ages 5-7)

Tuesdays

Youth 2 (Ages 8-12)

Wednesdays

Fridays

Teens (Ages 13-17)

Thursdays

**\$60 per 4 classes**

Classes are purchased in 4 consecutive week packages

A beginner friendly course designed to introduce different age groups of the community to the art of Brazilian Jiu Jitsu and self-defense.

Students will learn basic techniques from proper break-falls, takedowns, control skills, and situational awareness.

Walk-ins welcome!

DNA Jiu Jitsu

8851 Central Ave Suite E, Montclair, CA 91763

Call: (562) 507-9783

Email: [contact@dnajiujiitsu.com](mailto:contact@dnajiujiitsu.com)

<https://ocac-foundation.org/#/programs>