

Kids and youth classes:

Why is it important that your child trains in BJJ?

Studies show that training BJJ can significantly boost your child's confidence and self-esteem.

It also shows that the kids who train in BJJ exhibit higher levels of:

- Self-control
- Emotional stability
- Overall boost in confidence

Kids can be ruthless; you remember how tough it was back in school?

If you stood out in any way, you would get picked on relentlessly and be a top target for bullies.

Wouldn't you love for your child to embrace their true self without the fear of being picked on?

At Herron's BJJ, we prioritize control and self-defense first and foremost. *(We don't even teach submissions until the age of 8).*

Here is what other parents have to say:

‘Our son has been training at Herron since July. It has been an amazing experience for him. Coaches Clay, Janice, and Preston are fantastic. Coach Clay (the head instructor) is super down to earth but will also hold you accountable if you are not working hard. Exactly what a martial arts instructor should be. I highly recommend Herron BJJ if you are looking to get your little ones or yourself into martial arts!’

JESSE CAMPBELL

‘The instructors, Clay and Janice, are amazing people who do great at explaining and demonstrating techniques and moves! They are truly dedicated to this sport and love to share it with all. My son loves learning new moves and earning his stripes!! They can break things down so that he can fully learn the move or technique.’

COURTNEY TURPIN

We understand it can be daunting to send your child to a new gym.

Having to buy all the gear only for them to do what a child normally does and change their mind at the flick of a switch.

That's why we offer your child a **free week's trial** (*we will provide the uniform for this week*).

Then it will be left up to you to decide if it's something you see your child sticking to.

We look forward to seeing you on the mats.