

# ***Zanshin Gulf Coast Jiu-jitsu Academy***

*Self Defense*

*Fitness*

*Fun, family environment*

**Get in shape for the New Year!** Bring in this program to receive a free week of Self Defense (Gracie Jiu-jitsu) group classes and a free one-one training session with head instructor, Corey Richardson.

4701 Airport Blvd Suite220 (Next to Al's Hot Dogs)

Mobile, AL 36608

Call: 251-605-8100 or Email: [info@zanshingcjj.com](mailto:info@zanshingcjj.com)



**[www.zanshingcjj.com](http://www.zanshingcjj.com)**