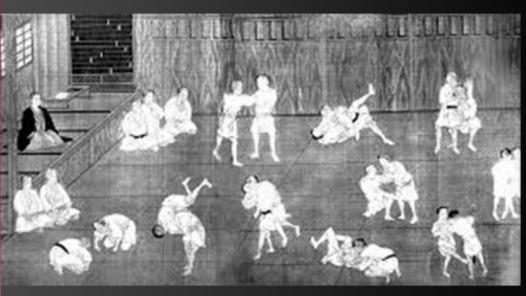
## GANADIAN JIU JITSU GOUNGIL





**Sunday, October 5, 2025** 12:00 noon to 3:00 p.m.

CHAMPIONS GYMNASTICS 2410 LANSDOWNE STREET WEST CAVAN MONAGHAN, ON. K9J OGS

FREE to all members of the Canadian Jiu Jitsu Council. Spend an afternoon exploring the core techniques of the Canadian Jiu Jitsu