

# CANADIAN JIU JITSU COUNCIL



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

**CHAMPIONS GYMNASTICS**  
**2410 LANSDOWNE STREET WEST**  
**CAVAN MONAGHAN, ON. K9J 0G5**

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