

BULLY-PROOF KIDS GRAPPLING

Fusion Elite Performance Training Center and the City of Rocklin Parks and Rec Department have partnered up to bring you the bullyproof kids grappling program. This amazing program teaches kids the beginning stages of grappling while more importantly, learning how to deal with bullies and how to control their bodies --- all while having a ton of fun! Our lessons consist of specifically designed foundational games and play that help kids build confidence in themselves while learning specific grappling movements. They also learn the "rules of engagement" which teaches them when and when not to use the techniques learned in class to diffuse a bullying situation. Every child deserves the opportunity to defend themselves! Try the BullyProof Grappling program and give your child the tools they need to stand up to bullying! Join today...

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