



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS
ROZ WYMAN - PALMS PARK
2950 OVERLAND AVENUE, LOS ANGELES, CA 90064
PALMS.RECREATIONCENTER@LACITY.ORG 310-838-3838



Available
for Ages
18+

DANZAN RYU JUJITSU

Tuesdays 6:30-8:30pm \$40/month

Thursdays 6:30-8:30pm \$40/month



The Martial Art of Danzan Ryu Jujitsu consists of techniques for self-defense, health enhancement and personal development. Our system relies on the proper use of technique to overcome adversity, rather than sheer muscular strength.

Our dojo culture promotes personal growth in a welcoming and constructive environment.

Arts you will learn in class include:

- Escapes from holds
- Joint locks
- Throws
- Holds
- Rolls & Falls
- Restorative and healing arts, such as massage

Co-Instructors:

Hillary Kaplowitz, 6th Degree Black Belt

Hillary Kaplowitz holds the nationally recognized rank of 6th degree black belt in Danzan Ryu Jujitsu and the title of Professor from the American Judo and Jujitsu Federation (AJJF). Prof. Kaplowitz began training as a youth and has been teaching martial arts since 2000, promoting 10 students to the rank of black belt and beyond.

Ralph Rosas, 3rd Degree Black Belt

Ralph Rosas trained with Prof Kaplowitz's for many years and now holds the nationally recognized rank of 3rd Degree Black Belt in Danzan Ryu Jujitsu. Sensei Rosas has been teaching alongside Prof Kaplowitz for over 15 years and has served the organization (AJJF) as Regional Black Belt Exam Coordinator.

Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.