

# Academy Jiu-Jitsu Kids Program



## General Coaching Objectives:

- To provide and encourage a safe, fun, structured and disciplined learning environment for kids.
- To teach our students how to defend themselves against physical and verbal abuse.
- To teach our students the rules and strategies that will help them succeed when competing in the sport of Brazilian Jiu-Jitsu.
- To pass on the culture and discipline of Brazilian Jiu-Jitsu to students in a kind, respectful and patient manner.
- To set a positive example to the students by practising good manners and upholding our code of conduct.
- To continue learning and practising as coaches and students ourselves.

## Cubs class:

*A program for 5-8/9-year-olds\*.*

The young children's program is designed to be a foundational introduction to jiu-jitsu using movement and coordination exercises, drills, and games. We aim to take a long-term approach to teaching jiu-jitsu in a fun, controlled and approachable way.

In these classes, we help students develop confidence in their movements, spatial awareness, coordination, and control. Controlled exposure to the weight and pressure of training with a partner creates a sense of comfort in what might otherwise be perceived as uncomfortable positions, retaining a sense of fun and play.

We aim to foster good communication skills and the importance of the verbal and non-verbal concept of "tapping-out", which keeps jiu-jitsu practitioners safe.

## Lions Class:

*A program for 9-12-year-olds\*.*

In addition to the concepts covered in the cubs' program, the Lions program includes a greater emphasis on live sparring. Techniques and concepts are covered in-depth, and more nuanced

conversations about bully behaviour, combat, competition, and self-defence are held.

*\*Class designation considers physical and emotional maturity, technical ability, and age.*

Coaching objectives for each belt:

**Grey Belt:** Basic knowledge of the terminology and purpose of jiu-jitsu. A foundational physical understanding of jiu-jitsu, emphasising maintaining balance, stance and posture. Students become comfortable in the uniform and can tie their belts correctly.

**Yellow Belt:** Punch defence, positional control and submissions. Students have a foundational understanding of the hierarchy of positions, and mount and back-control are the central areas of focus.

**Orange Belt:** Building upon positional understanding, emphasising side-control and fluid transitions between defensive measures and counter-attacks. Students become more adept at navigating live-sparring situations from standing to ground.

**Green Belt:** Students display competence in all areas and develop an advanced guard system. Students can spar and train safely with strikes and demonstrate a comprehensive understanding of self-defence.

Grading requirements:

The three main areas of assessment at Academy Jiu-Jitsu are as follows:

1. **Culture:** We want our students to develop a strong understanding of the history of Brazilian jiu-jitsu and its values. Within the cultural lessons, we impart the Academy code of conduct to facilitate a smooth and productive learning experience for themselves and all the other students in the room.
2. **Movement:** Controlled movements are imperative for students' physical safety and the safety of their partners. They are also the building blocks for learning and developing techniques. Jiu-jitsu is a dynamic and multi-varied martial art that covers all planes of movement and can test mobility, stability and strength.
3. **Techniques:** Students will need to apply techniques learned in class with clarity and precision, demonstrating an understanding of the purpose and function of the technique.