



Brazilian Jiu-jitsu & Becoming Bully -Proof

Brazilian Jiu-jitsu is a grappling martial art based upon the use of proper technique and leverage to defend oneself against assailants. It is used for self-defense and for sport grappling and teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique. Brazilian Jiu Jitsu training can be used for sport grappling tournaments or self defense.

Live drilling plays a major role in training. Jiu-Jitsu is a contact sport and students will get bumps and bruises and may be sore from physical exertion. Students will participate in proper stretching techniques, drilling of jiu-jitsu positions, and then the application of these techniques in live rolling.

Other than basic Brazilian Jiu-jitsu, students will be introduced to the Gracie BULLYPROOF system, as part of a self-defense program. Within this program students will learn many techniques applicable to self-defense.

Once again, there is physical contact in this intensive as it is a grappling sport. Students will get bumps and bruises as well as an excellent workout. Please contact Philip with any questions you may have about this intensive.

Teacher: Philip
Grade Level: 7-12
Credit: PE
Cost/Fee: FREE but students must provide a mouth guard
and have proper athletic clothing to participate.

