



Kids Beginner's Guide

New to Jiu-Jitsu?

We are so excited to see you take the first step in your Jiu-Jitsu journey

Doing something new can be scary. Especially when that something new is Jiu Jitsu

But don't worry, we are here to help!!!!

Jiu-Jitsu is widely used in the UFC and is the best martial art for learning self defense. Learning Jiu-Jitsu will teach you respect, honor, confidence, humbleness, strength, hard work and a unique set of skills to defend yourself!

Included in this packet is everything you need to get started and feel more comfortable on the mat!

- Frequently Asked Questions
- Basic Positions
- Warm up Exercises
- What to Expect in Class
- Basic Submissions
- Resources
- Fun Quiz

FREEDOM ACADEMY

***KIDS* JIU JITSU**

BEGINNERS HANDBOOK

WHAT IS JIU JITSU?

Jiu Jitsu is a grappling martial art. In Jiu Jitsu two opponents wrestle each other without punches or kicks with the goal of making one's opponent give up - by tapping out. Most often this is achieved by use of a choke or joint lock.

Jiu Jitsu is taught and used in leisure, self defense, military training, competition and MMA.

WHY SHOULD I DO JIU JITSU?

Most mixed martial arts experts would consider Jiu Jitsu as the most effective martial art for self defense. The majority of fights or physical altercations end up on the ground. People who do other martial arts or boxing, let alone someone who's never done any form of either, have little to no knowledge or training in grappling. On top of that due to injury risks, other forms of martial arts are only able to spar at 30-50%, as opposed to grappling where it is generally safe to spar at 80%+. This makes Jiu Jitsu students far more prepared in a real life self defense scenario at 100% speed and intensity.

On top of learning how to effectively defend yourself, Jiu Jitsu also teaches discipline, respect, humility, hard work, physical fitness, perseverance and instills confidence.

The skills you learn in Jiu Jitsu are skills that you can take with you for the rest of your life no matter where you go.

WHAT SHOULD I WEAR TO JIU-JITSU?

In Jiu Jitsu you wear a Gi (Kimono) to Gi class. In No-Gi you can wear shorts and a t-shirt or preferred is a rashguard.

WHAT DO THE DIFFERENT BELTS MEAN?

In Jiu Jitsu different belts of different colors signify a student's rank. In kids Jiu Jitsu the belt rank goes from white belt - grey belt - yellow belt - orange belt - green belt

Whereas in adult Jiu Jitsu ranks go from white belt - blue belt - purple belt - brown belt - black belt

WHAT TO EXPECT AT A JIU JITSU CLASS?

In our kids Jiu Jitsu program, class will often include a warmup of some familiar exercises as well as Jiu Jitsu specific exercises followed by a lesson. In the lesson portion of class you will learn and practice real Jiu Jitsu techniques that develop and grow your grappling and self defense skills. Then students will "roll" (spar) each other in a controlled and supervised environment applying the lessons taught.

A more in depth itinerary of our class structure is included in this packet

HOW CAN I GET BETTER AT JIU JITSU?

In anything you do in life nothing can substitute practice! The best way to get better is showing up and doing Jiu Jitsu more!

Off the mats you can further your Jiu Jitsu growth by studying online, watching instructional videos, exercising, eating well and more practice!

Check out Freedom Academy's resources to help

HOW CAN I BECOME LESS NERVOUS AT JIU JITSU?

The best way to feel more comfortable doing anything in life is more practice! Nothing substitutes repetitions of a skill that you can draw on to give you the confidence in what you are doing.

Anxiety and fear are a natural emotion when doing martial arts even for students who have been studying and training for years! Those emotions sharpen your senses and focus.

Remember - EVERY student has felt the exact same emotions and starts at the exact same spot!

WHAT TO EXPECT IN A JIU JITSU CLASS

Freedom Academy's kids program offers a safe and supervised environment of an amazing group of kids of all levels and ages!

Typically a new student is paired up with one of our advanced students of similar age so they can show them the ropes!

Students are generally paired up with another student of a similar age, size and skill level.

All students are expected to display honor and respect to each other. Our advanced students are required to display leadership and control in their emotions and their Jiu Jitsu making our kids program a very welcoming place to learn Jiu Jitsu!

Freedom Kids Class Structure

- **Lining up** - In the beginning of class students will line up by rank in rows from left to right facing the Instructor. The rows by rank - highest rank in front row lowest rank belt students in the back row. Each row by rank of stripes - Students with the most stripes to the right descending to fewest stripes to the left.
- **Warm Up** - Students perform the chosen warmup for the day of some common exercises as well as some Jiu Jitsu specific exercises. **Warm Up list included further*

- **Lesson** - Students are taught the Jiu Jitsu lesson in class. Typically taught in phases for all levels to understand and get better at Jiu Jitsu!
- **Drilling** - Students will apply and repeat the techniques from the lesson while coaches supervise and assist.
- **Rolling** - Students will "roll" or spar in a grappling match setting to get real time exposure to applying the Jiu Jitsu they are learning
- **Bow Out** - Students will line up according to rank as Instructor addresses the class and students will Bow to Instructor as class is dismissed

See that wasn't so bad... Jiu Jitsu might seem scary at first but every student is a student just like you on your Jiu Jitsu journey. They are just at different spots further down that journey. Now by knowing a little more on what to expect out of a Jiu Jitsu class, we hope that it might be a little less intimidating!

BASIC POSITIONS

In Jiu Jitsu grappling occurs among many different positions. It can be difficult at first to understand all the positions, whether they are bad or good positions to be in or how to grapple in those positions.

Freedom Academy's kids program primarily teaches out of these primary positions.

Full Guard

The **full guard** position is when you are on your back with your opponent on top of you while you have your legs wrapped around their hips and torso,

*Almost always is a position where your opponent is on top of you, a dangerous position to be in. However, in Jiu Jitsu the **full guard** has the ability to be an offensive position and become quite dangerous for the person on top, or "in your full guard".*

Side Control

The **side control** position is where you are past your opponents legs and perpendicular to them chest to chest, often with one arm under their neck and the other under their arm and shoulder.

*The **side control** is the next best offensive position to be in and can be a dangerous position to be in for the person on bottom.*

Mount

The **mount** position is where you are on top of your opponent, past their legs and sitting on top of their hips.

*The **mount** is a more dominant position than side control and very dangerous for the person on bottom.*

Back Mount

The **back mount** position is where you are behind your opponent with your legs wrapped around their waist, often with one arm over your opponents shoulder and the other arm under their other arm interlocking your hands like a "back pack"

*The **back mount** position is arguably an even more dominant position than any other position*

WARM UP DRILLS

At Freedom Academy every class starts with a warm up! Some of the warm ups are familiar exercises like squats and pushups but we also have exercises that are Jiu Jitsu specific exercises and drills. Included are some of our most basic and fundamental exercises that we warm up with.

**Warmup instructionals can be found on Freedom Academy's youtube channel*

Duck Walk - A reverse lunge as you step forward you drop the knee of your front foot to the ground with you back straight and head up - your back leg then steps to the front and now that leg lunges forward dropping its knee to the ground and repeat

Shrimp - one of the most foundational Jiu Jitsu warmups - Lying on your back with your hands by your neck you bridge your hips up and scoot back pushing your hips back towards your head contorting you into a somewhat of an L shape - legs and torso being perpendicular

Forward Roll - Similar to a summersault, a forward roll from one's knees is performed by tucking your head into your waist and rolling "OVER YOUR SHOULDER" rolling you all the way over to your starting position

Backward Roll - Reverse of a forward roll you start on your back picking a shoulder to roll over (not straight back on your head) , walk your feet closer and closer to your hips and kick up off the ground rolling over your shoulder back to your starting position

BASIC SUBMISSIONS & MOVES

A submission is a move that brings one's opponent to submission - or submit - give up - in Jiu Jitsu by tapping. Most submissions are in the form of either a choke or a joint lock.

Choke - a move that attacks an opponent's neck by either cutting off the air supply by attacking the throat or cutting off blood to the brain attacking the arteries on both sides of the neck

Joint lock - a move that attacks an opponent's limb compromising the joint of that limb to induce pain (for your opponent to tap) or risk that joint breaking or dislocating

A lot of submissions or other variations of submissions are found throughout multiple positions while at the same time some submissions are more suited for different positions or being more successful from other positions. But here is a list of some of the most common and basic submissions you will learn over a very short period of time!

REAR NAKED CHOKE -

Performed from back mount position - the rear naked choke is one of if not the most effective and highest percentage submission. Behind your opponent one of your arms reaches all the way through under his neck - bringing your chest close to their back that choking hand will reach up grabbing the other arm's shoulder - then with the other arm reaching back to the back of your opponent's head. Squeezing and shrugging your shoulders up finishing the choke

ARMBAR -

The armbar has dozens of variations from different positions but in its most basic example is from side control. Having your legs across your opponents waist and head with their closest arm in between your legs. Getting their elbow high up on your hip with your opponent's thumb pointing up raising your hips and pulling your opponent's arm down will place stress to the elbow joint causing your opponent to tap or injure their arm.

TAKEDOWNS -

Takedowns are exactly what the word says - it is a move that takes your opponent down from standing to the ground. There are many types of takedowns between Jiu Jitsu, Judo and Wrestling. *As well as being taught in our Jiu Jitsu Curriculum Freedom Academy offers a Saturday morning class dedicated to our students wrestling skills and development*

SWEEPS -

In Jiu Jitsu a Sweep is a technique used in a bottom position to reverse position and end up not only escaping but reversing position to being in a top position

RESOURCES

Check out some of Freedom Academy's Resources!!

YOUTUBE

@FreedomAcademy9720

INSTAGRAM

@FreedomAcademyBjj

Facebook

Freedom Academy

QUIZ

What are the main positions in Jiu Jitsu?

What color belt does a beginner start with?

What is the kids Jiu Jitsu belt ranking order by color?

Can you name 2 Jiu Jitsu warm up exercises?

Can you name 1 Jiu Jitsu move or submission?

What are ways that you can be a little bit less nervous to do Jiu Jitsu?

Just like many new things, doing Jiu Jitsu can seem scary or like hard work BUT

Jiu Jitsu is also A LOT of fun, a GREAT workout, and the BEST form of self defense. Not only can Jiu Jitsu help you protect yourself but it is a great way to grow confidence in yourself and what you are capable of not only on but off the mat!!

We hope that you take the leap in starting your Jiu Jitsu journey with us at Freedom Academy and that you have a great experience learning and growing in the art of Jiu Jitsu - may this guide be helpful in getting you acquainted with our Academy and help you feel not so nervous about trying Jiu Jitsu!!

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