



Delaware Self-Defense Academy Youth Gracie Jiu-Jitsu Course Description

JR 1 (ages 6-10) & Jr 2 (ages 11-14)

Gracie Jiu-Jitsu (Self-Defense) Fundamentals and Philosophy

Class name: Youth Gracie Jiu-Jitsu Fundamentals

Locations: Dover and Middletown

Days: Tuesday and Thursday

Time: Jr 1: 6:00 – 7:00 pm

Jr 2: 7:00 – 8:00 pm

Instructors: Sonia Cady, Rick Reynolds, Steve Bednarik, Ronnie Wuest

Instructor Contact: 302-531-6147

Class focus: Gracie Jiu-Jitsu (Self-Defense) Techniques and Philosophy

Lesson Curriculum: 40 lessons

Class Formality: Very Formal

Physical interaction: Yes

Live Physical Sparring: Yes

Pre-Requisites: None

Age Requirement: Jr 1 (ages 6-10), Jr 2 (ages 11-14)

Required Equipment: White Kimono (Solid White and Plain), Belt, Navy Blue (Plain) Crew Neck Rash Guard (Compression Shirt).

Class Restrictions: No Jewelry, metal hair ties, hair coloring that can bleed, finger and toenails must be trimmed, no sicknesses or skin issues, student and Kimono must be clean.

Rank Promotions: Attendance and calendar time criteria, technique testing.

Class Description:

Students will learn the fundamental Gracie Jiu-Jitsu (Self-Defense) techniques and Gracie Jiu-Jitsu History & Philosophy. A strong class focus is for students to learn and understand how decision-making affects survival in an attack situation.

Class Structure:

Students line up, bow in (according to rank) and stand quietly and respectfully while the instructor teaches class. Depending on the lesson plan for the class, the class will begin with either the Jiu-Jitsu technique warm-ups, the History & Philosophy lesson or both. Then, following the lesson curriculum, the instructor will teach a technique and then pair the students up to drill the technique slowly and lightly. The instructor will walk around and monitor the class to ensure each student is performing the technique safely and correctly. This process continues for all techniques taught during the class. Once the class time and lesson plan are finished, students will line back up and bow out. There is live sparring in class (takedowns, grappling, etc.). There is also often games the students play to have fun while drilling their Jiu-Jitsu techniques.