



MY LITTLE BOOK OF SELF DEFENSE

THIS JOURNAL BELONGS TO

**THE ACADEMY
GRAND CAYMAN**



WE NEVER LOSE, WE ONLY LEARN & WHEN WE LEARN, WE ALWAYS WIN

**WELCOME TO YOUR FIRST
DAY OF LEARNING THE
INCREDIBLE
SUPERPOWERS OF
JIUJITSU!**

**WE ARE SO EXCITED TO BE
HELPING YOU BECOME A
REAL LIFE SUPERHERO
WHO WILL BE ABLE TO
PROTECT NOT JUST
YOURSELF, BUT OTHERS
AROUND YOU!**



**THIS IS YOUR SUPER-SECRET POWER BOOK
WHERE YOU WILL LEARN HOW TO DEVELOP YOUR
SKILLS & TECHNIQUES. YOU MUST MAKE SURE
YOU KEEP THIS SAFE.**

**DON'T LET IT FALL INTO THE HANDS OF THE
BULLIES!**

**ARE YOU READY TO “BECOME THE HERO”
?**

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**BEFORE WE BEGIN
YOUR TRAINING,
IT IS SUPER
IMPORTANT THAT
WE MAKE AN
AGREEMENT.**

**HEROES' HAVE A
CODE. THIS IS A
SET OF RULES
THAT THEY
FOLLOW TO
ENSURE THAT
THEY ARE DOING
THE RIGHT THING
NO MATTER WHAT!**

**YOU MUST LEARN
THIS CODE IF YOU
WANT TO
PROGRESS TO
BECOMING A
BLACK BELT
NINJA!**

**YOU CAN PRACTICE
RIGHT NOW WITH
A FRIEND, YOUR
MUM OR DAD,
EVEN YOUR
COACH!**

TRY IT OUT!

THE HEROES CODE

THE HEROES' CODE

RULE 1:

TRY TO AVOID THE FIGHT IF YOU CAN

RULE 2:

USE YOUR WORDS FIRST, JIU JITSU LAST

RULE 3:

BE FRIENDLY. BE FIRM THEN BE FORCEFUL

RULE 4:

**IF YOU OR SOMEONE IS BEING BULLIED, STAND UP TO
THE BULLY**

RULE 5:

**IF YOU CANNOT DO ANYTHING ABOUT IT, TELL A
PARENT, TEACHER, COACH OR SOMEONE YOU TRUST**

RULE 6:

**IF YOU ARE THREATENED OR ATTACKED, DEFEND
YOURSELF**

WE NEVER LOSE, WE ONLY LEARN & WHEN WE LEARN, WE ALWAYS WIN

**TO BECOME A PART
OF THE ACADEMY
TEAM, YOU MUST
FIRST MAKE THE
HEROES PROMISE**

**THIS MEANS YOU
AGREE TO DO
EVERYTHING YOU
SAY & KEEP TO IT**

**IT IS VERY VERY
IMPORTANT TO
KEEP YOUR WORD**

**IF YOU ARE REALLY
REALLY READY
THEN READ THE
PROMISE AND SIGN
IT WITH YOUR
MUM, DAD OR A
GROWN UP YOU
TRUST**

THE HEROES PROMISE

I PROMISE TO BE A GOOD KID WHEN IN AND OUT OF CLASS FOR MY PARENTS, TEACHERS & COACH. IF I MISBEHAVE OR IF I DO NOT FOLLOW THE RULES, THEN I KNOW THAT I WILL NOT BE ABLE TO ATTEND CLASS OR GET PROMOTED UNTIL MY PARENTS OR COACH TELL ME OTHERWISE

I WILL TRY TO BE A GOOD STUDENT AND DO THE FOLLOWING:

- 1. LISTEN**
- 2. LEARN**
- 3. HELP**
- 4. HAVE FUN**

IN CLASS I WILL:

- 1. HELP OTHER STUDENTS & MAKE THEM FEEL WELCOME**
- 2. TRY MY BEST AT EVERYTHING I DO**
- 3. BE RESPECTFUL TO EVERYBODY**

OUT OF CLASS I WILL:

- 1. NEVER LET MYSELF BE BULLIED OR INTIMIDATED**
- 2. NEVER LET MY FRIENDS OR OTHERS BE BULLIED**
- 3. TRY TO EDUCATE BULLIES NOT TO BULLY PEOPLE**
- 4. BE A GOOD AMBASSADOR FOR MARTIAL ARTS**
- 5. WORK TO MAKE MYSELF HEALTHIER, FITTER & SMARTER EVERY DAY**
- 6. BE A GOOD KID FOR MY MUM, DAD AND EVERYONE I CARE ABOUT**

SIGNED.....

DATE.....

WITNESS

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SUPER POWERS

ALL SUPERHEROES HAVE THEIR SPECIAL ABILITIES, RIGHT?

WELL WE ARE GOING TO FIND YOURS!

HERE ARE THE SECRET WAYS YOU GET BIG & STRONG

- **EATING HEALTHY SUPERFOODS**
- **DEVELOPING YOUR MIND STRENGTH**
- **BUILDING A STRONG & FLEXIBLE BODY**
- **LEARNING YOUR TECHNIQUES & SKILLS IN CLASS & AT HOME**
- **GETTING LOTS OF REST & SLEEP BY GOING TO BED ON TIME**

A TRUE SUPERHERO NEEDS ALL OF THESE TO ENSURE THAT THEIR SUPERPOWERS CAN BE AT MAXIMUM POTENTIAL READY TO SAVE THE DAY!



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SUPERHERO MISSIONS

EVERY DAY, YOU WILL TRY TO COMPLETE YOUR SUPERHERO MISSION'S.

IF YOU SUCCEED IN YOUR MISSION, YOU WILL RECEIVE "POWER POINTS"

THE MORE POWER POINTS YOU COLLECT, THE BIGGER THE REWARD YOU RECEIVE!

REWARDS INCLUDE:

- **STRIPES ON YOUR POWER BELT**
- **SPECIAL INVITATION TO THE "POWER HOUR" TRAINING CLASS**
- **SELECTED TO BE A "COACHES ASSISTANT" DURING CLASS**
- **"OUTFIT UPGRADE" – SPECIAL UNIFORMS WITH NEW POWERS**
- **TRIP OR TREAT- RECEIVE A TREAT OR A TRIP SOMEWHERE YOU REALLY WANT TO GO (SPEAK WITH MUM OR DAD ABOUT THIS!)**
- **POWER BELT UPGRADES – PROMOTION TO YOUR NEXT POWER BELT**
- **CERTIFICATE OF RECOGNITION**



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HOW TO EARN POWER POINTS

- 1. EAT 3 HEALTHY MEALS & 8 GLASSES OF WATER**
- 2. MEDITATE FOR 5 MINS IN THE MORNING & 5 MINS AT NIGHT**
- 3. COMPLETE 10 PUSHUPS, 10 SIT UPS, 10 SQUATS, 10 LUNGES EVERY DAY & EVERY NIGHT**
- 4. PRACTICE ONE JIUJITSU TECHNIQUE FOR AT LEAST 10 MINS AT HOME WITH MUM, DAD OR AN ADULT YOU TRUST**
- 5. GO TO BED AT THE CORRECT TIME**
- 6. HELP AT HOME WITH CHORES**
- 7. DO SOMETHING NICE FOR SOMEONE**



YOU RECEIVE 5 POINTS FOR EVERY SUCCESSFUL DAILY MISSION COMPLETED!

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DAILY MISSION CHECKLIST

MISSION	MISSION ACCOMPLISHED?	POINTS AWARDED	POINTS DEDUCTED	TOTAL
NUTRITION	YES/NO			
MIND POWERS	YES/NO			
BODY POWERS	YES/NO			
JIUJITSU SKILLS	YES/NO			
BEDTIME	YES/NO			
HELPED OUT	YES/NO			
GOOD DEED	YES/NO			

YOU LOSE POINTS IF YOU –

- 1. MISBEHAVE AT HOME OR SCHOOL**
- 2. DON'T TELL THE TRUTH**
- 3. EAT BAD & UNHEALTHY FOODS & DRINKS**
- 4. ARE MEAN TO SOMEBODY**
- 5. DON'T DO WHAT IS ASKED OF YOU BY MUM, DAD OR GROWN UP YOU TRUST**
- 6. DON'T COMPLETE ANY OF YOUR DAILY MISSIONS**

WHEN YOU REACH 500 POINTS, YOU CAN SPEAK WITH MUM, DAD OR A COACH AT THE ACADEMY TO GET YOUR REWARD

EVERYDAY YOU HAVE THE CHANCE TO EARN LOTS OF POINTS, BUT, IF YOU DON'T COMPLETE ALL 7 AREAS OF YOUR DAILY MISSION, YOU DON'T GET ANY POINTS! AT THE END OF EACH MONTH, YOUR PARENTS/TEACHER/COACH WILL COUNT YOUR POINTS AND YOU WILL RECEIVE YOUR REWARD

IF YOU DON'T REACH YOUR POINTS TOTAL, DON'T WORRY, JUST WORK HARDER NEXT TIME TO MAKE SURE YOU DON'T MISS OUT!

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SUPER POWER MOVES

1	IRON MAN STANCE
2	SCORPION KICK
3	HULK CLINCH/LEG HOOK
4	TAKEDOWN
5	MOUNT MONSTER
6	WRIGGLE MONSTER
7	LOCK & ROLL
8	LEG GRAB
9	TURTLE POWER
10	GUARD GRABBER
11	BELLY BUSTER
12	SIDEWAYS SANDWICH
13	HEADLOCK & ROLL
14	NO JOKE CHOKE ESCAPE
15	BACKPACK ATTACK
16	ARMBAR
17	AMERICANA
18	BULLDOG CHOKE

**HERE ARE THE BASIC MOVES YOU NEED TO MASTER TO ONE DAY
BECOME A JIUJITSU BLACK BELT NINJA!**

**PRACTICE AS MUCH AS YOU CAN IN CLASS & AT HOME AND YOU WILL
BEGIN TO GET STRONGER, MORE CONFIDENT & AMAZING AT JIUJITSU!**

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LESSON 1	IRON MAN STANCE
POWERS	GIVES YOU A STRONG BASE SO BULLIES CANNOT MOVE YOU & YOU ARE READY FOR ACTION
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. ALWAYS KEEP FEET APART 2. BEND YOUR KNEES FOR READINESS 3. HANDS UP TO PROTECT YOURSELF
BATTLE TEST	ASK AN ADULT TO TRY AND MOVE YOU FROM A POSITION ON THE FLOOR. IF THEY CANNOT MOVE YOU WITHIN 10 SECONDS YOU GO TO THE NEXT LEVEL OF 20 SECONDS. IF YOU WIN AT THAT THEN THE FINAL TEST IS FOR 30 SECONDS!
SAFETY	MAKE SURE YOU HAVE SPACE AROUND YOU



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LESSON 2	SCORPION KICK
POWERS	KEEPS THE BULLY AWAY FROM YOU USING A SIMPLE STING KICK TO LET HIM/HER YOU MEAN BUSINESS
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. KEEP HANDS UP TO PROTECT FACE 2. ALWAYS USE THE LEG CLOSEST TO THE BULLY 3. USE THE BOTTOM OF THE FOOT TO STRIKE TO UPPER LEG OF THE BULLY
BATTLE TEST	ASK AN ADULT TO HOLD A PAD OUT IN FRONT OF YOU AND SEE IF YOU CAN STRIKE IT AS THEY MOVE TOWARDS YOU!
SAFETY	GO SLOWLY TO BEGIN WITH



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LESSON 3	HULK CLINCH
POWERS	IF THE BULLY GETS TOO CLOSE, WRAP HIM UP & TIRE HIM/HER OUT. GET READY TO TAKE THEM DOWN!
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. PROTECT YOUR FACE WHEN YOU MOVE IN 2. DUCK SLIGHTLY & MOVE FORWARD QUICKLY 3. WRAP YOUR ARMS AROUND THEIR WASTE & SQUEEZE HARD
BATTLE TEST	ASK AN ADULT TO SEE IF THEY CAN ESCAPE YOUR HULK CLINCH. START WITH 10 SECONDS, THEN GO UP TO 20 & THEN 30 SECONDS!
SAFETY	KEEP YOUR HEAD CLOSE TO THE OPPONENT AT ALL TIMES. NO SPACE!



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LESSON 4	TAKEDOWN
POWERS	WHEN YOU NEED TO CHOP DOWN A TREE, YOU CUT IT FROM THE BOTTOM RIGHT? SAME FOR BIG BULLIES. USE THIS TECHNIQUE TO BRING THEM DOWN TO YOUR LEVEL
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. DISTRACT WITH A PUNCH/FEINT AND THEN CHANGE LEVELS (DUCK) 2. DROP YOUR FRONT KNEE BETWEEN THEIR LEGS ON THE FLOOR & GRAB THEIR LEGS TIGHT 3. DRIVE FORWARD & TAKE THEM DOWN KEEPING YOUR HEAD TO THE OUTSIDE OF THE LEG
BATTLE TEST	ASK AN ADULT TO THROW A BIG PUNCH AT YOU. DUCK UNDER & TAKE THEM DOWN. SEE IF YOU CAN GET TO MOUNT MONSTER AS QUICK AS POSSIBLE
SAFETY	KEEP YOUR HEAD ON THE OUTSIDE OF THE LEG AND STAY TIGHT



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LESSON 5	MOUNT MONSTER
POWERS	USE THE MOUNT MONSTER TECHNIQUE TO STOP THE BULLY FROM GETTING UP AND BEING ABLE TO HIT YOU
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. GET YOUR SUPER HOOKS UNDER THEIR HIPS 2. HUG THEIR NECK WITH ONE ARM 3. KEEP YOUR HEAD CLOSE SO THEY CANNOT HIT YOU & USE THE OTHER ARM TO BASE
BATTLE TEST	ASK AN ADULT TO LET YOU HOLD THEM DOWN FOR 10 SECS. IF YOU WIN THEN TRY 20 SECS AND THEN 30
SAFETY	KEEP HEAD CLOSE TO OPPONENT SO YOU DON'T GET HIT OR BANG YOUR HEAD/FACE



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LESSON 6	WRIGGLE MONSTER
POWERS	USE THE WRIGGLE MONSTER TECHNIQUE TO GET OUT FROM UNDERNEATH THE BULLY WHO IS PUNCHING YOU!
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. GET ON YOUR SIDE & PLACE BOTH HANDS ON THE BULLIES KNEE/THIGH 2. TRY TO LOCK OUT YOUR ARMS & PUSH HARD 3. MOVE YOUR HIPS OUT & AWAY FROM THE BULLY. GET YOUR FEET ON THEIR HIPS
BATTLE TEST	ASK AN ADULT TO TRY AND HOLD YOU DOWN AND TICKLE YOU FOR 10 SECS. IF YOU ESCAPE, YOU WIN! TRY IT AGAIN FOR 20 & 20 SECONDS
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 7	LOCK & ROLL
POWERS	WRIGGLE MONSTER DIDN'T WORK? THAT'S OK! USE THE SUPER POWER OF LOCK N ROLL TO GET BACK ON TOP OF THINGS
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. LIFT YOUR HIPS AND BRING THE BULLY TO YOU. WRAP YOUR ARMS AROUND THEIR BODY & KEEP THEM CLOSE 2. USE ONE OF YOUR ARMS TO WRAP AROUND THEIR ARM AND PINCH IT TO YOUR BODY 3. LIFT YOUR HIPS AS HIGH AS YOU CAN AND ROLL THE BULLY ONTO THEIR BACK. STAY CLOSE
BATTLE TEST	ASK AN ADULT TO GET ON TOP OF YOU AND PRETEND TO STRIKE YOU. USE THE LOCK & ROLL TECHNIQUE TO PROTECT YOURSELF
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 8	LEG GRAB
POWERS	TAKE YOUR OPPONENT OFF BALANCE & DOWN TO THE GROUND WITH THIS SIMPLE POWER MOVE
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. GRAB YOUR OPPONENTS LEG AND LIFT IT OFF THE FLOOR. HUG IT TIGHT WITH YOUR ARMS & LEGS 2. KEEP YOUR HEAD ON THEIR CHEST 3. USE YOUR WHOLE BODY TO SPIN THEM DOWN TO THE GROUND
BATTLE TEST	ASK AN ADULT TO TRY AND KEEP THEIR BALANCE WITH YOU FOR 10 SECS. IF YOU TAKE THEM DOWN, YOU WIN! TRY IT AGAIN FOR 20 & 30 SECONDS
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 9	TURTLE POWER
POWERS	JUST BECAUSE YOU ARE ON YOUR BACK, DOESN'T MEAN YOU LOSE THE FIGHT! USE YOUR LEGS TO CREATE DISTANCE & FRUSTRATE THE BULLY
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. KEEP ONE LEG ON THE FLOOR & ONE UP READY TO KICK LIKE COILED COBRA 2. USE YOUR GROUND FOOT TO TURN YOUR BODY IF THE BULLY TRIES TO GO AROUND YOUR LEGS 3. PROTECT YOUR FACE & USE YOUR STOMACH MUSCLES TO KEEP YOUR TURTLE SHAPE
BATTLE TEST	ASK AN ADULT TO TRY AND GET PAST YOUR LEGS & INTO MOUNT MONSTER. TRY TO KEEP THEM AWAY FOR 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 10	GUARD GRABBER
POWERS	JUST BECAUSE YOU ARE ON YOUR BACK, DOESN'T MEAN YOU LOSE THE FIGHT! USE YOUR LEGS AND ARMS TO KEEP THE BULLY CLOSE & MAKE HIM/HER TIRED
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. WRAP YOUR LEGS AROUND THE BULLIES WAIST & YOUR ARMS AROUND THEIR NECK 2. PULL THEM CLOSE AND KEEP YOUR HEAD TIGHT 3. CONTROL THEIR ARMS IF THEY TRY TO PUNCH YOU BUT NEVER LET GO OF THEIR HEAD
BATTLE TEST	ASK AN ADULT TO TRY AND GET OUT OF YOUR GUARD GRABBER. TRY TO KEEP THEM LOCKED IN FOR 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 11	BELLY BUSTER
POWERS	USE POWER PRESSURE TO CONTROL A BULLY & GIVE YOU OPPORTUNITY TO GET UP AND GET AWAY IF YOU NEED TO
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. PLACE YOUR KNEE ON THE BELLY & YOUR OTHER LEG OUT STRAIGHT TO BASE 2. PUT YOUR HANDS ON THEIR SHOULDERS TO CREATE MORE PRESSURE AND CONTROL 3. IF POSSIBLE REACH UNDER THE NECK AND FINISH WITH CAN OPENER TECHNIQUE
BATTLE TEST	ASK AN ADULT TO TRY AND GET OUT OF YOUR BELLY BUSTER. TRY TO KEEP THEM IN POSITION FOR 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE YOU KEEP YOUR KNEE ON THE BELLY & NOT THE CHEST



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LESSON 12	SIDEWAYS SANDWICH
POWERS	SOMETIMES WE CANT GET TO THE MOUNT MONSTER & THAT'S OK, USE THE SIDEWAYS SANDWICH TO CONTROL THE BULLY & SET UP YOUR SUBMISSIONS
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. PLACE YOUR CHEST ON YOUR OPPONENT & HOOK YOUR ARM UNDER THEIR NECK & FAR ARM 2. PLACE YOUR KNEES NEXT TO THEIR HIP & ARMPIT AND KEEP WEIGHT SAT BACK 3. KEEP YOUR HEAD CLOSE & USE FAR ARM TO BASE IF NEEDED
BATTLE TEST	ASK AN ADULT TO TRY AND GET OUT OF YOUR SIDEWAYS SANDWICH. TRY TO KEEP THEM LOCKED IN FOR 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 13	HEADLOCK & ROLL
POWERS	OH NO! THE BULLY HAS YOU DOWN ON THE GROUND IN A HEAD LOCK! USE THE LOCK & ROLL TECHNIQUE TO TURN THE TABLES
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. TUCK YOUR CHIN TO DEFEND THE CHOKE 2. CONTROL THE BULLIES ARM SO HE/SHE CANNOT PUNCH YOU 3. HOOK YOUR TOP LEG OVER THEIR LEG & ROLL THEM OVER TO GET ON TOP POSITION
BATTLE TEST	ASK AN ADULT TO PUT YOU IN THE HEADLOCK AND SEE IF YOU CAN ESCAPE WITHIN 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE YOU HAVE NOTHING AROUND YOU AND ARE DOING IT ON A SAFE, COMFORTABLE SURFACE



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LESSON 14	NO JOKE CHOKE ESCAPE
POWERS	A BULLY MANAGES TO GET BEHIND YOU AND SQUEEZES YOUR NECK. USE THE QUICK FIRE DEFENSE TO STAY SAFE
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. THE BULLY PUTS HIS/HER ARM AROUND YOUR NECK. IMMEDIATELY GRAB THEIR ARM WITH BOTH HANDS AND PULL DOWN 2. TUCK YOUR CHIN TO PROTECT YOUR NECK & TURN YOUR HIPS TO FACE THE BULLY 3. USE THE HULK CLINCH & LEG HOOK TAKEDOWN TO TURN THE TABLES
BATTLE TEST	ASK AN ADULT TO TRY AND PUT THE CHOKE ON YOU. TRY TO ESCAPE IN 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE THAT THE ADULT DOESN'T SQUEEZE. ALLOW YOU TO WORK THROUGH YOUR TECHNIQUE



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LESSON 15	BACKPACK ATTACK
POWERS	THE BULLY TRIES TO ESCAPE YOUR MOUNT MONSTER BY ROLLING AWAY! USE THE BACKPACK ATTACK TO CONTROL & TIRE OUT YOUR OPPONENT
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. AS THE BULLY ROLLS AWAY, GIVE THEM SPACE BY POSTING YOUR LEG OUT 2. AS THE TRY TO GET TO THEIR KNEES, PUT YOUR SUPER HOOKS (LEGS) UNDER THEIR BODY & LOCK THEM TO THEIR HIPS 3. APPLY THE SEATBELT LOCK BY PLACING ONE ARM OVER THEIR SHOULDER & THE OPPOSITE ARM UNDER THEIR ARM PIT. LOCK YOUR HANDS TOGETHER & KEEP HEAD TIGHT
BATTLE TEST	ASK AN ADULT TO TRY AND ESCAPE FROM YOUR BACKPACK ATTACK IN 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	KEEP YOUR HEAD CLOSE. MAKE SURE THERE IS NOTHING AROUND YOU AND ASK THE ADULT TO MOVE SLOWLY TO BEGIN WITH



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LESSON 16	ARMBAR
POWERS	WHEN IN MOUNT MONSTER, THE BULLY TRIES TO PUSH YOU AWAY! THANK THEM FOR THIS GIFT AND USE THE ARM BAR TECHNIQUE TO END THE FIGHT
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. THE BULLY PUSHES ON YOUR CHEST TO TRY & ESCAPE THE MOUNT MONSTER 2. GRAB ONE ARM & HUG IT TO YOUR CHEST AS YOU MOVE INTO THE MEGA MOUNT MONSTER 3. KEEP YOUR WEIGHT ON THE BULLY AND SWING YOUR LEG CLOSEST TO THEIR ARM, OVER THEIR HEAD
BATTLE TEST	ASK AN ADULT TO TRY AND ESCAPE YOUR MOUNT MONSTER BY PUSHING ON YOUR CHEST. APPLY THE ARM BAR TECHNIQUE AND MAKE THEM TAP TRY TO ESCAPE IN 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE THAT THE ADULT DOESN'T SQUEEZE. ALLOW YOU TO WORK THROUGH YOUR TECHNIQUE



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LESSON 17	AMERICANA
POWERS	WHEN IN MOUNT MONSTER, THE BULLY TRIES TO PUNCH YOU. PIN THEIR ARM AND WRAP IT UP WITH THE AMERICANA LOCK
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. THE BULLY TRIES TO PUNCH YOUR FACE/HEAD. KEEP YOUR HEAD LOW AND SAFE 2. GRAB THEIR WRIST AND PIN IT TO THE GROUND WITH YOU CLOSEST HAND 3. REACH OVER WITH YOUR OPPOSITE HAND GRAB THEIR WRIST 4. SNEAK YOUR OTHER HAND UNDER THEIR ARM, GRAB YOUR OWN WRIST AND FINISH THE FIGHT WITH THE SUBMISSION
BATTLE TEST	ASK AN ADULT TO TRY AND ESCAPE YOUR MOUNT MONSTER BY STRIKING TOWARDS YOUR HEAD. APPLY THE AMERICANA AND MAKE THEM TAP. TRY TO ESCAPE IN 10 SECS, 20 SECS AND THEN 30 SECS!
SAFETY	MAKE SURE THAT THE ADULT DOESN'T STRIKE TOO HARD.



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LESSON 18	BULLDOG CHOKEHOLD
POWERS	WHEN THE BULLDOG COMES TO GET YOUR LEGS, YOU USE THIS AWESOME TECHNIQUE TO CONTROL HIS HEAD, MAKE HIM/HER TIRED & THEN GET TO THE BACKPACK ATTACK
IMPORTANT TIPS	<ol style="list-style-type: none"> 1. LOOP YOUR ARM OVER THE BULLY'S HEAD AND KEEP HANDS TOGETHER 2. SPRAWL YOUR LEGS BACK AND KEEP YOUR CHEST OVER HIS/HER HEAD 3. KEEP YOUR HEAD TIGHT AND MAKE THEM TIRED 4. TRY TO DRAG THEM DOWN TO THE FLOOR. WHEN THEIR HANDS TOUCH THE GROUND, IMMEDIATELY GO TO BACK BACK ATTACK
BATTLE TEST	ASK AN ADULT TO TRY AND TAKE YOU DOWN. PARENTS, BEGIN ON YOUR KNEES AND CHARGE TOWARDS YOUR KID AS DEMONSTRATED IN THE VIDEO
SAFETY	MAKE SURE THAT YOU HAVE PLENTY OF SPACE AROUND YOU



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EARNING YOUR STRIPES

IN JIUJITSU & MARTIAL ARTS, YOU ARE REWARDED FOR YOUR HARD WORK & DEDICATION. WE OFTEN SAY THAT THE HARDEST PART OF TRAINING IS JUST HAVING THE COURAGE & COMMITMENT TO TURN UP

SO, EVERYTIME YOU ATTEND CLASS, YOU WILL GET A STAMP OR SIGNATURE AT THE END OF THE LESSON FROM THE INSTRUCTOR

WHEN YOU REACH 24 LESSONS ATTENDED, YOU WILL RECEIVE YOUR STRIPE ON YOUR BELT. AFTER YOU HAVE COLLECTED ALL 4 STRIPES, YOU WILL BE ELIGIBLE TO TEST FOR YOUR NEXT RANK/BELT

IT IS VERY IMPORTANT THAT YOU DON'T LOSE YOUR TRAINING JOURNAL & ENSURE THAT YOU HAVE IT WITH YOU EVERY LESSON. WITHOUT IT, YOU CANNOT GET YOUR STAMP

IF YOU TRAIN PRIVATELY, ONE ON ONE WITH AN INSTRUCTOR, THEN YOU WILL RECEIVE 2 STAMPS EVERY LESSON

MUMS, DADS, HELPERS & GUARDIANS- PLEASE PLEASE PLEASE MAKE SURE THAT YOUR CHILD HAS THIS MANUAL WITH THEM FOR EVERY LESSON

WITHOUT IT, THEY CAN LOSE OUT ON VALUABLE TIME ON THE MATS TO REACH THEIR PROMOTION

WHILST WE UNDERSTAND THAT WE ARE BEING A LITTLE STRICT IN REGARDS TO THE SYSTEM, WE WANT TO HELP CHILDREN DEVELOP A SENSE OF RESPONSIBILITY & ACCOUNTABILITY FOR THEIR MARTIAL ARTS TRAINING

PLEASE SPEAK WITH AN INSTRUCTOR IF YOU WISH TO DISCUSS ANY ASPECTS

CURRENT BELT RANK	
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1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24

BELT TEST COMPLETE YES/NO AWARDED BY

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TRAINING NOTES

WHAT AM I GOOD AT?

WHAT CAN I GET BETTER AT?

HOW CAN I GET BETTER?

WHAT IS MY PLAN TO IMPROVE?

HOW WILL I KNOW WHEN I HAVE REACHED MY GOAL?

WHAT WILL BE MY REWARD WHEN I REACH MY GOAL?



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TRAINING NOTES FOR MONTH

WHAT AM I GOOD AT?

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TRAINING NOTES FOR MONTH

WHAT AM I GOOD AT?

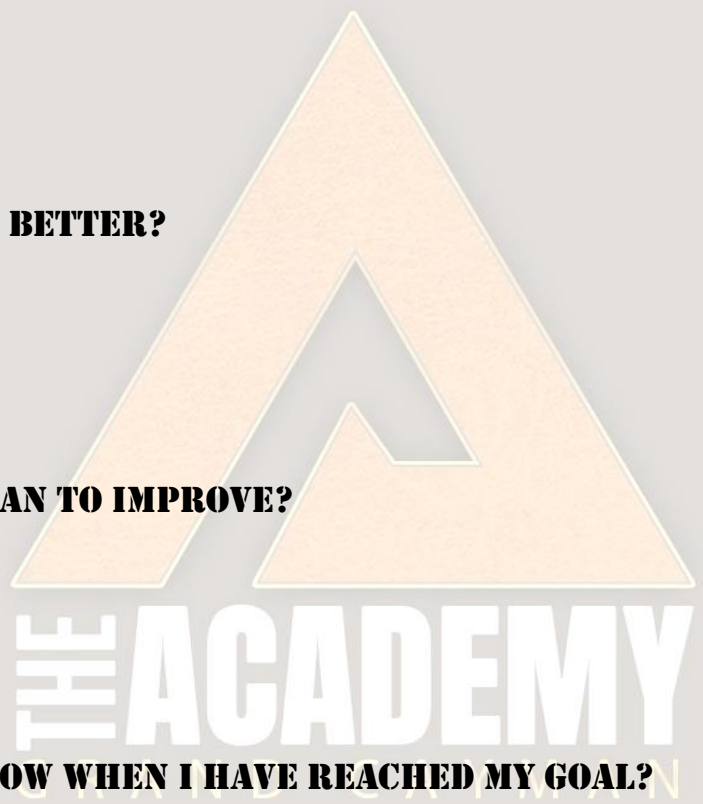
WHAT CAN I GET BETTER AT?

HOW CAN I GET BETTER?

WHAT IS MY PLAN TO IMPROVE?

HOW WILL I KNOW WHEN I HAVE REACHED MY GOAL?

WHAT WILL BE MY REWARD WHEN I REACH MY GOAL?



WE NEVER LOSE, WE ONLY LEARN & WHEN WE LEARN, WE ALWAYS WIN

TRAINING NOTES FOR MONTH

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