

Bullyproof & Brave:

A Parent's Guide to Raising Confident Kids with Jiu-Jitsu

Dear Parent,

Thank you for taking the time to invest in your child's confidence, safety, and future. As a father, coach, and believer in Christ, I know first hand how difficult it can be to prepare our children for a world that can sometimes be unfair, unkind, and unsafe.

That's why I created Soldiers for Christ Jiu-Jitsu.

We're not just another martial arts school. We're a community built on faith, family, and the powerful discipline of Brazilian Jiu-Jitsu. Every class we teach is rooted in principles that align with Christian values—respect, humility, discipline, and love. We help kids build the tools they need to not only protect themselves physically but to stand strong in character and in faith.

This guide was created for you—to help you understand how jiu-jitsu can empower your child to face life's challenges with calm, courage, and confidence. You'll learn how our system works, how we integrate biblical truth into training, and why your child's emotional and spiritual growth is just as important to us as their physical development.

Whether your child is shy, hyperactive, bullied, or just looking for purpose—we are here to help. We'd be honored to have you visit one of our five school locations and let your family experience the difference that Soldiers for Christ Jiu-Jitsu can make.

God bless you and your family,

Coach Jesse Blunk

Head Instructor – Soldiers for Christ Jiu-Jitsu

The Truth About Bullying

Why This Matters

Every day, thousands of children face verbal taunts, physical intimidation, and emotional abuse at school, on the bus, or even online. Most parents feel unsure how to protect their kids without encouraging violence or fear.

Did You Know?

- 1 in 5 students reports being bullied during the school year.
- Over 160,000 kids skip school every day to avoid bullying.
- Most kids don't report bullying until it's already escalated.

Traditional Advice Often Falls Short:

- "Just ignore it." – Teaches kids to suppress their discomfort.
- "Tell a teacher." – May not prevent repeat encounters.
- "Stand up to them!" – Often escalates to physical conflict.

What Actually Works:

What children really need is confidence — the ability to respond without reacting in fear or aggression.

That's where Jiu-Jitsu comes in.

Through consistent training, kids learn:

- To carry themselves with calm, non-verbal confidence
- To manage anxiety and fear under pressure
- To speak assertively without being confrontational
- To protect themselves only when necessary, using control instead of violence

Jiu-Jitsu Builds the Mental Tools Kids Need:

Think of it like emotional armor: Jiu-Jitsu strengthens their resilience, their calmness, and their self-control—even before they ever have to physically defend themselves.

What Is Jiu-Jitsu?

A Gentle Art That Builds Real Confidence

Brazilian Jiu-Jitsu (BJJ) is a martial art based on leverage and technique—not size or strength. It teaches students how to neutralize threats using balance, timing, and control rather than aggression.

Unlike striking arts (like karate or boxing), jiu-jitsu focuses on grappling, escapes, and submissions, which makes it one of the safest and most practical self-defense systems for children.

Why It Works So Well for Kids

- Teaches how to stay calm in close situations
- Builds full-body coordination
- Instills a “don’t panic” mindset
- Encourages problem-solving under pressure
- Works for small kids against bigger opponents

It's Like a Physical Chess Game

In Jiu-Jitsu, kids learn to think several steps ahead. They begin to anticipate, adapt, and respond to new challenges in real time. This not only helps in self-defense—it sharpens their focus, patience, and critical thinking in everyday life.

The SFC Approach: Gracie-Based, Faith-Focused

At Soldiers for Christ Jiu-Jitsu, we teach a concept-based, fundamental self-defense—a proven curriculum of games and drills designed specifically for children. Through these games, students internalize self-defense strategies without fear or injury.

Each class includes:

- Technique + Practice
- Bully scenario roleplay
- Character-building moment (e.g., scripture, story, or challenge)
- Encouraging community & positive reinforcement

Faith + Discipline = True Strength

We Train the Spirit and the Body

At Soldiers for Christ Jiu-Jitsu, we believe strength comes from more than muscle—it comes from discipline, purpose, and faith.

We teach our students that being strong doesn't mean being aggressive. It means having the courage to walk away from a fight, the discipline to stay focused, and the wisdom to do what's right—even when it's hard.

Character Is Our Highest Belt

Each class includes lessons in Christ-centered values like:

- Humility
- Patience
- Forgiveness
- Self-control
- Honor
- Perseverance

These values are not just discussed—they are modeled by instructors, practiced in class, and reinforced through scripture, stories, and student challenges.

“Train up a child in the way he should go...” – Proverbs 22:6

We believe martial arts is a powerful tool to reinforce what parents are already teaching at home: to be respectful, kind, courageous, and Christlike—even in the face of pressure.

When students grow in discipline and faith, they begin to see that the greatest victories happen within themselves.

7 Life Skills Every Child Learns on the Mat

More Than Self-Defense — It's Life Prep

Every drill, every game, every technique in Jiu-Jitsu is a chance to build your child's inner strength. At Soldiers for Christ Jiu-Jitsu, we use movement as a tool to develop lifelong habits of character, leadership, and resilience.

Here are 7 essential life skills your child will gain:

Confidence

Children who train regularly carry themselves differently. They learn to speak up, stand tall, and trust themselves in uncomfortable situations—on and off the mat.

Self-Control

In Jiu-Jitsu, students practice discipline daily. They learn to wait their turn, control their body, regulate emotions, and respond calmly under pressure.

Focus

Every class demands concentration and presence. Jiu-Jitsu helps kids train their attention and block out distractions—skills they'll use in school and life.

Respect

Respect is built into the culture of Jiu-Jitsu. Kids bow to their partner, listen to instructors, and learn to treat others with honor and humility.

Resilience

Whether it's learning a hard technique or getting taken down, kids develop grit. They learn to get back up, try again, and never give up.

Conflict Resolution

Our students practice how to de-escalate, set boundaries, and defend themselves with control—without ever needing to throw a punch.

Leadership

As students progress, they begin to help newer classmates. They lead by example, encourage others, and step into the role of positive influence.

Inside the SFC Program

Our Mission Is Simple:

To build confident, capable, Christ-centered kids through Jiu-Jitsu.

Our classes are intentionally designed to be safe, fun, and structured. We combine real self-defense with character lessons and leadership development in every session.

What a Typical Class Looks Like:

1. Warm-Up & Coordination Drills

Fun exercises that build strength, focus, and body control.

2. Self-Defense Technique

Step-by-step instruction in real self-defense moves (like escapes, holds, and control positions).

3. Confidence Games Like:

- Crazy Horse (hip movement)
- Guard Monster (ground control)
- Spider Kid (agility and grips)
- Tackle the Giant (safe takedowns)

These are more than games — they build technical skill, confidence, and teamwork.

4. Character Talk / Faith Focus

Each class includes a short lesson or challenge based on values like:

- Courage
- Humility
- Self-discipline
- Honoring Christ

5. Mat Chat / Cool Down

Students reflect on what they learned and set a goal for the week.

Every Student Progresses at Their Pace

We don't rush belts. Kids move forward when they're ready, based on skill, effort, and behavior. Each rank earned is a symbol of growth—not just as an athlete, but as a leader.

How Jiu-Jitsu Stops Bullies (Without Fighting)

Fighting Isn't the First Option — It's the Last

At Soldiers for Christ Jiu-Jitsu, we teach kids how to stop bullies without violence. True self-defense is about avoiding conflict whenever possible and only using physical skills when absolutely necessary.

Step 1: Verbal Assertiveness

Students are taught how to:

- Stand tall
- Make eye contact
- Use a strong, clear voice
- Set boundaries with confidence

We role-play these skills in class so students are ready when it matters.

Step 2: Ask for Help the Right Way

We don't teach tattling—we teach leadership. Students learn how to report dangerous behavior with maturity and clarity.

Step 3: Use Jiu-Jitsu Only to Stay Safe

If all else fails, students are trained to:

- Neutralize the threat using control (not strikes)
- Use takedowns and holds safely
- Defend without injuring others
- Maintain calm and look for help






This is where Jiu-Jitsu shines — it allows kids to defend themselves without escalating the situation.

Self-Control Is the Superpower

Our students don't walk around looking for fights. They walk in peace, because they know they're capable. That quiet confidence is often enough to prevent bullying before it starts.

Class Schedule & Locations






We proudly serve these five convenient training locations:

-  Christ the Redeemer Catholic School – Mondays
-  Epiphany Lutheran School – Tuesdays
-  St. Cecilia Catholic School – Wednesday
-  St. Laurence Catholic School – Thursdays
-  Epiphany of the Lord Catholic School– Fridays

Visit sfcjiujitsu.org to view real-time class info or book your trial.

How to Start Your Free Trial




Getting started is easy! Just follow these 5 simple steps:

-  1. Visit sfcjiujitsu.org and choose your location
-  2. Schedule a free trial class for your child
-  3. Arrive 10 minutes early to meet the team
-  4. Watch your child have fun and build confidence
-  5. Ask about uniform sizing and membership options

Your first class is always free—and there's never any pressure to join.

Soldiers for Christ Jiu-Jitsu

Building Champions On and Off the Mat

-  5 School Locations in Houston
-  www.sfcjiujitsu.org
-  Call or Text: (602) 400-1100

"Train up a child in the way he should go, and when he is old he will not depart from it."
– Proverbs 22:6

