

SFC Jiu-Jitsu at Home

A Parent & Child Game Book

(For at Home Jiu-Jitsu Practice)

Created by Soldiers for Christ Jiu-Jitsu

www.sfcjiujitsu.org

Welcome Letter

Dear Parent,

Thank you for investing in your child's growth, confidence, and safety by bringing jiu-jitsu into your home. This guide is designed to help you play, learn, and connect with your child through fun, structured games. Remember: consistency and connection matter more than perfection. Keep it playful. Keep it positive. See you on the mat!

— Coach Jesse
Soldiers for Christ Jiu-Jitsu

How to Use This Guide

- Pick 1–2 games to play per session, about 10–15 minutes total.
- Start with the movement or warm-up-based games if your child is new.
- Use a soft, clear space — carpet, mats, or a blanket on the floor works great.
- Be the training partner, not the instructor. Let your child lead sometimes!
- Repeat games weekly to build confidence and muscle memory.
- Play before dinner, during home PE, or on the weekends as family time.
- Don't correct too much. Keep it fun and celebrate effort.
- If your child is enrolled in classes, ask them to "teach you" one move they learned and connect it to

the games list.

Let's make Jiu-Jitsu a lifestyle of love, protection, and play.

Game 1: Mount Monster

Objective: Child stays on top in mount while the parent (Monster!) tries to roll them off. What You Need: A soft surface (carpet, mat, or blanket on the floor)

How to Play:

- Parent lays on the back and lets the child take the mount position on top.
- Parent slowly rolls side to side trying to escape.
- Child adjusts balance to stay on top.
- Play for 30–60 seconds, then switch roles.

Safety Tips:

- Parent should move slowly and safely.
- Keep the game light and playful.

Modifications:

- Younger kids: parent stays mostly still.
- Older kids: add a goal like 10-second mount hold.

Jiu-Jitsu Skill Focus:

- Base & Balance
- Mount Control
- Positional Awareness

Game 2: Guard Ball

Objective: Child in closed guard tries to grab the ball while parent defends posture. What You Need: A soft ball or small stuffed animal

How to Play:

- Parent sits inside child's closed guard holding the ball.
- Child breaks posture and grabs the ball.
- Parent resists gently to keep posture.
- Reset and switch roles after success.

Safety Tips:

- Use a soft object.
- No yanking or pulling hard.

Modifications:

- Use a stuffed animal or mini balloon.
- Set a 15-second countdown for the added challenge.

Jiu-Jitsu Skill Focus:

- Breaking Posture
- Closed Guard Control
- Grip Fighting

Game 3: Mad Dog

Objective: Child chases and takes the back of the 'Mad Dog' (parent on all fours). What You Need: Open space (living room or mat area)

How to Play:

- Parent crawls on all fours growling playfully.
- Child must get to the back and secure the seatbelt grip and hooks.
- Once back control is secured, round is over.
- Repeat or increase difficulty.

Safety Tips:

- No diving or jumping onto parent.
- Parent moves slowly to allow success.

Modifications:

- Add 'Mad Dog Tag' with multiple kids.
- Use a towel as a tail for the child to grab.

Jiu-Jitsu Skill Focus:

- Back Control
- Movement & Timing
- Confidence & Agility

Game 4: Shrimp Tag

Objective: Players shrimp crawl across the room to tag each other. What You Need: Open floor space

How to Play:

- Start on one end of the room lying on your back.
- Shrimp crawl across the floor toward each other.
- Try to tag the other player before they tag you!
- Reset and go again — make it a race or a tag game.

Safety Tips:

- Clear the floor of obstacles.
- Make sure the space is soft or carpeted.

Modifications:

- Use lines or cones to create zones.
- Play 'freeze shrimp' where you freeze on command.

Jiu-Jitsu Skill Focus:

- Shrimping
- Core Strength
- Agility

Game 5: Technical Stand-Up Challenge

Objective: See how many smooth technical stand-ups the child can do in 30 seconds. What You Need: Timer or phone stopwatch

How to Play:

- Demonstrate a technical stand-up slowly first.
- Have child perform as many as possible in 30 seconds.
- Count out loud and give encouragement.
- Try to beat your score each round!

Safety Tips:

- Use soft flooring.
- Ensure good form before adding speed.

Modifications:

- Have a parent vs child contest.
- Add a 'ninja jump' for fun if they're advanced.

Jiu-Jitsu Skill Focus:

- Self-Defense Movement
- Balance & Coordination
- Explosive Movement

Game 6: Back Ride Rodeo

Objective: Child tries to stay on parent's back while parent slowly crawls around. What You Need: Soft floor or mat space

How to Play:

- Child starts on parent's back with seatbelt grip and hooks.
- Parent begins crawling slowly on all fours.
- Child holds on as long as they can.
- Switch roles or reset after a fall.

Safety Tips:

- No jerky or fast movements by the parent.
- Keep the crawling slow and controlled.

Modifications:

- Time each round to see who lasts longest.
- Add turns, circles, or crawling backward for fun.

Jiu-Jitsu Skill Focus:

- Back Control
- Grip Strength
- Balance & Focus

Game 7: Pillow Guard Pass

Objective: Parent tries to pass child's guard using a pillow for soft contact. What You Need: A soft pillow or cushion

How to Play:

- Child starts on their back with feet up (open guard).
- Parent holds a pillow and tries to pass their legs.
- Child uses feet and hips to keep the parent from passing.
- Play for 30 seconds, then switch roles or reset.

Safety Tips:

- Move slowly and stay playful.
- Pillow adds cushion and reduces impact risk.

Modifications:

- Use a balloon or foam block instead of pillow.
- Add points for every successful pass.

Jiu-Jitsu Skill Focus:

- Guard Retention
- Hip Movement
- Guard Passing Awareness

Game 8: Escape the Trap

Objective: Child uses an escape technique from a light headlock or mount setup. What You Need: Soft floor and supervision

How to Play:

- Parent simulates a light mount or headlock.
- Child performs proper trap & roll or headlock escape.
- Coach gently resists to make it challenging.
- Repeat from different positions and increase speed.

Safety Tips:

- Parent must remain controlled and gentle.
- Teach the technique slowly before resistance.

Modifications:

- Use a dummy or pillow to practice first.
- Add a countdown timer to escape within 5–10 seconds.

Jiu-Jitsu Skill Focus:

- Self-Defense
- Escape Techniques
- Confidence Under Pressure

Game 9: Obstacle Course Grappler

Objective: Child completes a Jiu-Jitsu-themed obstacle course with key movements. What You Need: Household items (pillows, chairs, cones, etc.)

How to Play:

- Set up stations: rolls, shrimping, bear crawl, sprawl, mount dummy, etc.
- Child navigates through the course using correct techniques.
- Time the course or use music for rounds.
- Celebrate completion with high fives or stickers.

Safety Tips:

- Clear all sharp objects and furniture.
- Use pillows or blankets for fall zones.

Modifications:

- Add a coach challenge at the end (e.g., mount the coach!).
- Make a themed course (Ninja Mission, Rescue Mission, etc.)

Jiu-Jitsu Skill Focus:

- Agility
- Movement Drills
- Technique Integration

Game 10: Belt Tie Battle

Objective: See who can tie their belt correctly and fastest. What You Need: Jiu-Jitsu belt or rope

How to Play:

- Show the child how to tie a basic Jiu-Jitsu knot.
- Start a timer — child ties the belt as quickly and correctly as possible.
- Coach inspects the knot for quality.
- Repeat and try to beat the time!

Safety Tips:

- Use soft belts or ropes.
- Supervise to avoid wrapping around necks.

Modifications:

- Add a parent vs child speed challenge.
- Do it blindfolded for advanced kids!

Jiu-Jitsu Skill Focus:

- Independence
- Uniform Mastery
- Speed & Focus

Game 11: Side Control Freeze

Objective: Child escapes side control — but must freeze when 'Freeze!' is called. What You Need: Mat space or carpeted floor

How to Play:

- Parent holds light side control.
- Child begins working escape (hip escape or frame).
- Parent yells 'Freeze!' — child must hold their position.
- Resume and repeat until escape is successful.

Safety Tips:

- Go slow and gentle with pressure.
- Freeze in positions that don't cause strain.

Modifications:

- Add a timer to escape under pressure.
- Increase freeze time for focus training.

Jiu-Jitsu Skill Focus:

- Escape Timing
- Focus & Control
- Side Control Awareness

Game 12: Wall Walk Challenge

Objective: Child walks their feet up a wall to a bridge or inversion. What You Need: Open wall space with soft floor

How to Play:

- Child lays on their back with feet near the wall.
- Place feet on the wall and walk them up slowly.
- Try to lift hips and make a bridge or go upside-down.
- Walk back down under control.

Safety Tips:

- Spot the child during movement.
- Clear space around the wall.

Modifications:

- Add a balloon between feet and wall.
- Time how long they can hold the bridge.

Jiu-Jitsu Skill Focus:

- Inversion
- Core Strength
- Body Control

Game 13: Jiu-Jitsu Simon Says

Objective: Classic 'Simon Says' game with Jiu-Jitsu moves mixed in. What You Need: None

How to Play:

- Coach is 'Simon' and gives commands like 'Simon says shrimp!' or 'Simon says sprawl!'.
- Child only follows the command if 'Simon says' is included.
- Mix real moves and silly ones to test focus.
- Rotate roles after a few rounds.

Safety Tips:

- Demonstrate each move before playing.
- Keep movements safe and controlled.

Modifications:

- Add point system for correct moves.
- Play to music or add a dance round.

Jiu-Jitsu Skill Focus:

- Listening Skills
- Technique Review
- Body Awareness

Game 14: Guard Balloon Pop

Objective: Parent tries to pop a balloon held between bodies while in closed guard — child must prevent.
What You Need: Balloon

How to Play:

- Child lays in closed guard around parent.
- Place balloon between chest and belly.
- Parent gently applies pressure to pop it.
- Child must control distance and posture to stop them.

Safety Tips:

- Avoid fast or crushing movements.
- Use soft floor or padding.

Modifications:

- Use stuffed animal instead of balloon.
- Add a time limit to prevent the pop.

Jiu-Jitsu Skill Focus:

- Guard Control
- Posture Management
- Pressure Sensitivity

Game 15: Frame & Roll

Objective: Child uses frames to create space and roll out from mount or side control. What You Need: Mat or carpeted space

How to Play:

- Parent holds light mount or side control.
- Child places frames (hands and elbows) to block pressure.
- Use bridge and hip movement to roll to guard or top.
- Reset and repeat.

Safety Tips:

- Ensure parent keeps pressure light.
- Teach correct hand placement for frames.

Modifications:

- Use a dummy or balloon to teach frame sensitivity.
- Add a 'freeze' command to test control.

Jiu-Jitsu Skill Focus:

- Framing Skills
- Escape Movement
- Leverage & Timing

Weekly Mat Time Tracker

Use this tracker to log your weekly Jiu-Jitsu play time. Aim for 2–3 sessions a week! Check a box or write the name of the game you played.

Week: _____

- ☐ Game 1 ☐ Game 6 ☐ Game 11
- ☐ Game 2 ☐ Game 7 ☐ Game 12
- ☐ Game 3 ☐ Game 8 ☐ Game 13
- ☐ Game 4 ☐ Game 9 ☐ Game 14
- ☐ Game 5 ☐ Game 10 ☐ Game 15

My Favorite Game This Week:

_____ How I Felt After Playing:

Family Jiu-Jitsu Challenge

Complete as many of these fun Jiu-Jitsu family missions as you can this month!

- ☐ Teach someone in your family how to shrimp
- ☐ Do 5 technical stand-ups in a row
- ☐ Stay in mount position for 10 seconds
- ☐ Escape a headlock using the correct technique
- ☐ Create your own Jiu-Jitsu game
- ☐ Do a game night with 3 Jiu-Jitsu games
- ☐ Show Coach your favorite game at class
- ☐ Beat your best obstacle course time
- ☐ Play Simon Says using only Jiu-Jitsu moves
- ☐ Help clean up the mats after play

Bonus Challenge:

Draw a picture of your Jiu-Jitsu superhero!

Certificate of Completion

This certifies that

has completed the

Parent & Child Jiu-Jitsu At Home Program

Great job training together and building family connection through

Jiu-Jitsu! Signed: _____ Date: _____