

Lesson One

Resources for Lesson One

- Class Structure Video
 - Warm-up Exercise and Stretches Video, Animal-inspired Conditioning Video •
 - Jiu-jitsu Games Video
 - Three Technique Videos: **Break Fall, Technical Lift, Break Fall + Technical Lift Drill** •
- Talking Point: **Your Voice is your first line of self-defense**

Lesson One Outcomes

- Students learn class structure procedures
- Students learn the routine of the class
- Students learn that their voice is their first line of self-defense
- Students learn **Break Fall and Technical Lift Techniques**

Activity	Notes
Class Structure – line up and bow into class	Share the outcomes and introductions to the self-defense unit. You may decide to share the Class structure video and share the “What is Brazilian jiu-jitsu?” and History information.
Talking Point	Usually, the “talking point” is at the end of class, but for this lesson, it should be taught before the warm-ups. Your Voice is your first line of self-defense.
Warm-up and stretch exercises	Sets of 10. For participation, the instructor counts 1-5, students count 6-10. <u>Your voice is your first line of self defense. Let's hear it as we count! No screaming, but be loud.</u>
Animal-inspired conditioning drills	To be done in lanes for a period of time or distance based on age and ability. You may choose to show this video.
Water break (optional)	No drinks on the mats. Only water.
Standing technique video “Break Fall”	Students sit and watch the video. Ask a student to demonstrate. Seek “peer to peer” responses to determine if correct.
Students drill the technique	Students spread out and follow the instructor's prompts to learn the technique.
Ground technique video “Technical Lift”	Students sit and watch the video. Ask a student to demonstrate. Seek “peer to peer” responses to determine if correct.
Students drill the technique	Students spread out and follow the instructor's prompts to learn the technique.

Break Fall + Technical Lift Drill Video	Students sit and watch the video. Instructor assigns partners to do the drill.
Game (if time allows)	Play the Break Fall Game ... See Jiu-jitsu Game Video.
Line up and Bow out	Practice bowing out and shaking hands before dismissal. Remind the students that their voice is their first line of self-defense.

Talking Points

Lesson One – Your Voice

Discussion question:

What is your first line of self-defense? (let students list ideas)

Answer:

Your Voice is your first line of self-defense.

Discussion question:

How can your voice be a form of self-defense? How can the tone/volume of your voice make a situation better or worse?

Answer:

- To communicate boundaries.
- To communicate intentions.
- To yell for help.
- To escalate or de-escalate a situation.
- Your voice is a powerful weapon. Use it first to try to calm people versus anger people. Choose your words carefully.

Activity:

Practice projecting voice during warm-up exercise and counting. Do not shout, but use a strong commanding voice. Your voice matters.

Bonus Question?

How can your voice be used for good?

Answer and Assignment:

This week, use your voice for good. Speak Life. Practice speaking kind words to people this week. Use your voice to lift people up, not to tear them down.

Going Deeper

How would you describe your voice?

How would others describe your voice?

How would you describe your inner voice (that voice inside your head)?

What can you do to change and improve your self-talk?

Assignment: Memorize an uplifting quote or faith verse to improve your inner voice.