



How to Earn the Martial Arts Sports Pin with The Great Flip

Hi, American Heritage Girls and Leaders,

Coach Jody here, to help you earn the AHG Martial Arts Sports Pin using my online self-defense training videos at The Great Flip www.thegreatflip.com.

The Great Flip is inspired by the martial art called Brazilian jiu-jitsu (BJJ). Among all the martial arts, BJJ is considered one of the best to learn due to its effective application in self-defense training, particularly for women and individuals with smaller frames.

This document will help you fulfill many of the requirements of the Martial Arts Sports Pin by studying and practicing Brazilian jiu-jitsu, also referred to as BJJ. There are a few requirements you will need to research on your own, but the majority of this sports pin can be achieved using this document and a subscription at The Great Flip. Please refer to your AHG Martial Arts Sports Pin requirements for final approval. I've tried my best to address many of the requirements.

What you will need to earn the Martial Arts Sports Pin using The Great Flip:

1. The AHG Martial Arts Sports Pin in your AHG Handbook. (Check your book for any revisions.)
2. You will need this document, "Earn the Martial Arts Sports Pin with The Great Flip."
3. You will need to subscribe to The Great Flip Self-defense video course. Go to www.thegreatflip.com to get started.
4. Internet connection to stream the videos from Vimeo.com. You may need to set up a free Vimeo account.
5. Wear comfortable exercise clothes and create a designated training space with mats. The video subscription includes a free "how to set up a training space at home" video.
6. A training partner.

How to use this document.

I offer research, commentary, website links, and instructions to help you find answers and take action to accomplish the requirements in the **“History and Rules”** and **“Equipment”** sections of the Martial Arts Sports Pin. You may also explore other websites with adult supervision to seek answers to the requirements.

When you are ready to **“Practice and Play,”** you will need to have a subscription to The Great Flip Self-defense video course, strong WiFi, training mats, and a training partner.

About Coach Jody, certified in Brazilian jiu-jitsu

I, Coach Jody, trained and received my certification through the Gracie Barra BJJ worldwide community of schools. They exemplify a “jiu-jitsu for everyone” mindset. I am currently a purple belt (you’ll learn more about the belt system later). Their training and certification process is rigorous and has direct lineage to the Gracie family.



I created The Great Flip as a pathway and introduction to BJJ. My program at The Great Flip will prepare you for your BJJ journey.

If you want to advance in Brazilian jiu-jitsu and earn a belt, you will need to attend a certified jiu-jitsu academy. Since my background is from the Gracie Barra school, I will reference many Gracie Barra resources.



The American Heritage Girls

MARTIAL ARTS

Sports Pin Requirements

History and Rules

1. Explore and share with your Unit or family the different types of martial arts.
2. Research different martial arts styles besides the one you practice and share with your Unit or family.
3. Identify and describe the following three different fighting stances: stand up, clinch, and ground.
4. Learn the different safety guidelines for practicing a martial art. Understand the importance of practicing with an instructor, knowing correct breathing techniques, and stretching before and after practice.
5. Define the role of respect, dignity, and discipline in your martial art and the purpose of the sport.

Equipment:

6. If your martial art includes the study of weapons, draw and describe the purpose or use of two of them.
7. Describe the proper protection to wear when sparring.
8. Explain the tradition behind wearing a uniform when practicing or testing.
9. Explain the belt system of your particular martial art system.

Practice:

10. Learn and practice one martial arts technique at least three times a week for one month.
11. Engage in repetitive exercise practices with a partner or on your own.
12. Learn and practice grappling (throws, holds, and escapes) with a partner in a supervised environment.
13. Demonstrate the way to throw a proper punch or kick.
14. Practice appropriate breathing techniques used in martial arts.

Play:

15. Attend or watch a martial arts competition.
16. Participate in five martial arts classes taught by an experienced instructor.

History and Rules.

What is Brazilian Jiu-Jitsu (also referred to as Bjj)?

Bjj is a grappling-based martial art where the main objective is to control a resisting opponent. Since gaining control over an opponent has been proven to be easier on the ground than in a standing position, many of the techniques of BJJ are centered around the skill of taking an opponent down to the ground and wrestling for dominant control positions. The word “grappling” looks a lot like “wrestling.”

Bjj promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique. Students of the sport gain a deep understanding of the workings and limits of the human body.

The Gentle Art.

“Jiu-jitsu” translates from the Japanese as “the gentle art.” The idea here is that practitioners can execute moves realistically and at full speed without having to worry that they will injure their partner. If caught in a submission, practitioners are taught to “**tap**” their partner to signify discomfort, and the submitter will release the submission. Jiu-jitsu doesn't rely, necessarily, on strength; it relies on technique. It uses leverage to overcome muscle and weight. Jiu-jitsu practitioners know that if they can't be stronger, they can always be smarter.

A brief history.

In the last days of the 19th century, some jiu-jitsu masters emigrated from Japan to other continents. Mitsuyo Maeda was one such master. Maeda arrived in Brazil in 1915 and settled in Belem do Para, where he met a man named Gastao Gracie. The father of eight children, among them five boys and three girls, Gastao became a jiu-jitsu enthusiast and brought his oldest son, Carlos, to learn from the Japanese master. For a naturally frail fifteen-year-old, Carlos Gracie, jiu-jitsu became a method not simply for fighting, but for personal improvement. At nineteen, he moved to Rio de Janeiro with his family and began teaching and fighting. In his travels, Carlos would teach classes and also prove the efficiency of the art by beating physically stronger opponents. In 1925, he returned to Rio and opened the first school, known as the "Academia Gracie de Jiu-Jitsu."

For more information about BJJ history and heritage, visit:

<https://graciebarra.com/why-gracie-barra/heritage/>

Why learn a martial art?

Benefits.

There are many benefits to learning a martial art. Training in the martial arts produces confidence and courage. It offers an effective way to be physically fit, mentally tough while learning valuable life skills such as self-defense. BJJ is considered one of the best martial arts as it applies to self-defense situations. It is a worldwide sport with the opportunity to join teams and compete at an individual and team level.

More about the benefits and goals of fundamental BJJ visit:

<https://graciebarra.com/our-programs/gracie-barra-kids/>

Kids' BJJ video from GB: <https://www.youtube.com/watch?v=YWnx-xV2iEQ>

Brazilian Jiu-Jitsu is best for children's first exposure to self-defense, because:

- Bjj allows students to live-drill techniques with success.
- BJJ empowers smaller-framed people to use techniques and leverage instead of force to overcome a larger opponent.
- Bjj introduces children to physical contact in a safe environment.
- Bjj is a "grappling sport," introducing children to movements on the ground, which is realistic to real self-defense situations. Most self-defense altercations (more than 80 percent) end up on the ground. No other martial art addresses ground situations like Bjj.
- Bjj empowers, builds confidence, and increases mental and physical strength.
- Bjj is referred to as the "gentle martial art," giving children a positive martial arts experience.

More Benefits of Brazilian Jiu-Jitsu:

Self-Confidence, Bully Prevention, Positive Body Image, Teamwork, Trust & Respect, Strength & Flexibility, Fitness & Conditioning, Life Skill & Character Development.

Fighting positions in BJJ.

BJJ as a sport vs. BJJ as a form of self-defense.

I learned BJJ because it prepared me and my daughters for self-defense. But BJJ is a martial art and a worldwide sport too. Joining a BJJ team is a rewarding and valuable experience. Sport Jiu-Jitsu is defined by how effective you are in combining your technical knowledge and athletic abilities. Points are given for takedowns and sweeps. A win is earned either by an accumulation of points or by submission.

In a self-defense scenario, BJJ is used to protect yourself, escape, take down, and control your opponent and submit them, and/or to escape.

BJJ practitioners train from many **fighting positions** for sport and to simulate self-defense situations. In BJJ, practitioners train from standing and the ground. BJJ practitioners use holds and clinches to control their opponent for takedowns, control, and submissions.

While **standing**, practitioners will practice holds, grips, clinches, throws (Judo), and takedowns. BJJ is primarily a grappling sport specializing in taking down an opponent and achieving a dominant position to finish the fight or to escape a fight.

There are many positions in BJJ. **The top four dominant ground** positions to achieve in BJJ are: Taking the back, Side control, Mount, and Closed guard.

Striking is to hit forcibly and deliberately with one's hands, feet, knees, or elbows. Muay Thai is the preferred training style to learn striking skills in BJJ.

There is no striking in the sport BJJ. There are no weapons in the sport BJJ.

The clinch is a common position in Bjj sport and self-defense situations. The clinch is a position in which two standing individuals have grabbed hold of one another. In self-defense situations, a fighter may either throw strikes from this position or take the opponent to the ground.



One must learn and train jiu-jitsu under careful supervision. BJJ is a physical sport, and injury is a risk to be considered. One must be healthy to participate. You will be in close physical contact with your training partner. Trust and respect for each other are of utmost importance to prevent injuries.

You will need a soft, clean space to train.

Because you will be on the ground “grappling,” prepare clean mats for your training space. You may need to determine if you have adequate space and “softness” for any throws or takedowns. Invest in (borrow) interlocking mats, yoga mats, and/or gymnastics mats for a safe training experience.

Wipe down your mats with disinfecting wipes and sprays before and after training. No shoes or socks on the mat. We train barefoot.

I provide free videos at www.thegreatflip.com to help you prepare for your training experience.

Warm-up and stretching.

Before grappling, practitioners take time to warm up their bodies with simple exercises and stretching to strengthen and prevent injuries. While training, they are taught to breathe and relax even in difficult positions so as to gain mental alertness. A calm mind can help you think clearly when faced with a scary self-defense situation. The Gracie Barra warm-up includes jumping jacks, squats, push-ups, sit-ups, and several BJJ-inspired movements. That’s just the warm-up! Then we stretch. Then we train! You’ll be in incredible shape training BJJ. I encourage the AHG Leaders to join in the fitness experience!

The Tap

The Tap is a physical touch (gentle but firm slap, aka “tap”) on your partner’s body to indicate pain or discomfort during training. The tap is used to keep each other safe and to reduce injury. Immediately upon the “ta,p” the partner must stop the technique. Respecting the tap builds trust between training partners. The “tap” signifies a submission, and the fight stops immediately.

The Tap means trust, learning, progress, and accountability. You can tap your partner's body, you can tap the ground, and/or you can verbally say "tap."

The Bow.

- Respect each other and the instructor.
- Humility, indicating the teacher has more authority and knowledge to share with the students.
- Gratitude to the Instructor for teaching life skills to students.

The Bow indicates a promise by the students:

- I'm clearing my mind to learn.
- I'm leaving my ego off the mat.



For more information about Training Etiquette, visit:

<https://graciebarra.com/why-gracie-barra/training-etiquette/>

Clap hands. Bump knuckles.

It is common to bow, then clap each other's hands, then bump knuckles. This gesture signifies the start of a match, grappling, or fight.



Equipment.

The BJJ uniform.

BJJ can be practiced in a BJJ martial arts uniform referred to as a **Gi** (Kimono), or BJJ can be practiced **no-Gi**.

A BJJ Gi is different from all other martial arts Gis. A BJJ Gi is a heavily stitched cotton uniform. It's thicker in design and developed to withstand the grabbing and grappling nature of the sport. On the other hand, Karate and Taekwondo "Kimonos" are thinner and designed primarily for stand-up training.

When training in a Gi, practitioners can practice grips on the Gi for holds, takedowns, and submissions so that personal clothes are not damaged. You can translate the grips to street clothes and many self-defense situations.

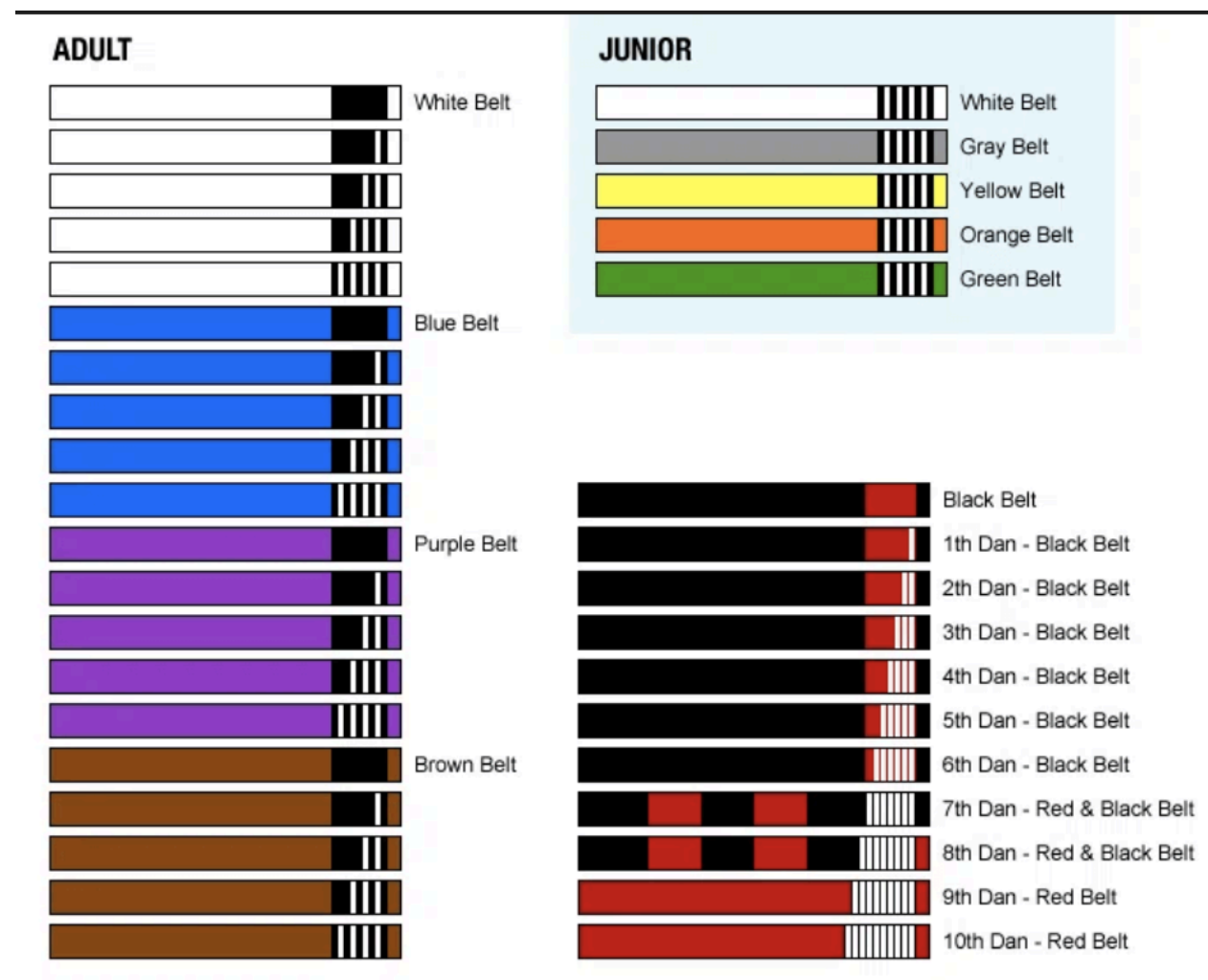
In a **No-Gi** BJJ setting, grabbing clothes is not allowed. Practitioners practice clinching for holds, takedowns, and submissions without grabbing clothes, but may grab wrists, arms, and other body parts. Practitioners typically wear tight rash guards, leggings, or shorts.

Many academies and BJJ schools require their students to wear a team Gi. Team uniforms, like in any sport, build community, identity, and teamwork.



The Belt System.

Belts signify a person's rank in BJJ. Stripes (colored tape) are added to the end of the belt to signify progress towards the next rank. One must receive four or more stripes before becoming eligible for the next belt level. You receive your rank in BJJ based on merit determined by time on the mat, methodology, proficiency, and testing. If you begin as a child, you typically progress into the adult belt system as a blue belt in your mid-teens. The average time it takes to earn a black belt in BJJ is 10 years (adult belt system).



FYI ... I trained (hard, at least 3x a week, usually more) and I earned my purple belt in six years. A ten-year journey to a black belt is not guaranteed, but it's an average.



Ready to get started?

#1. Enroll in The Top 12 Self-Defense Skill Video Series. www.thegreatflip.com

#2. Practice and Play.

Refer to your Martial Arts requirements for specifications.

“Participate in five martial arts classes taught by an experienced instructor.” That’s me, Coach Jody! Your online self-defense training qualifies! Keep training until you master the skills and drills.

This is so important!

Self-defense skills are LIFE SKILLS. Practice. Practice. Practice.

Watch a Bjj tournament. Go to a live event. These events are so much fun! Also, with adult supervision, you can find many examples of competitions on YouTube.

What you need to know before joining a BJJ academy.

Not every academy is the same. Visit a few before making a decision. Look for a strong children’s program and a friendly staff. Watch a few classes and participate in the free classes before signing any contracts.

★ Add **“My Anti-Bully Ebook”** for a Biblical empowerment activity. I’ll send a free ebook with your subscription.

★ Add **Free Lesson Plans**. I’ll send you a free lesson plan with your subscription. I have several free videos on my Vimeo home page too.

★ Visit **my Redbubble** account and order some fun stickers. Here is my account at <https://www.redbubble.com/people/TheGreatFlip/shop>

★ Visit my account at **XX-XY Athletics**. Support the cause to stand up for Girls and Women’s Sports. Use my discount code for 20 percent off using code **JODY20** at <https://www.xx-xyathletics.com/>

Share your experience with me! Send a picture or video to thegreatflipselfdefense@gmail.com and share on social media @thegreatflip #thegreatflip.