

# Ground Control BJJ



## Brazilian Jiu Jitsu Sessions for Alternative Provision Learners (Dojo-Based Group Delivery)

### What we offer

Structured, trauma-informed Brazilian Jiu Jitsu (BJJ) sessions for groups of children and young people in Alternative Provision. Sessions support self-regulation, confidence, fitness, respect and positive behaviour, delivered in a safe, matted training environment.

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### Who it's for

- Learners with SEMH, SEND, EHCP (where appropriate)
- Learners with attendance, behaviour, or disengagement barriers
- Small groups (ideal for AP settings)

Age range: 14 and above.

Group size: Up to 10 learners per session (we can adapt to your cohort)

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### Outcomes schools typically want (and what BJJ supports)

- Improved emotional regulation and ability to reset after conflict
- Increased engagement, routine, and attendance motivation
- Better peer interaction, boundaries, and respectful conduct
- Confidence and self-esteem through achievable progression
- Health/fitness benefits and a safe physical outlet for stress

We can provide simple session reports/engagement notes if needed.

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### What a session looks like (45–90 minutes)

1. **Arrival & expectations** (behaviour code, boundaries, safety)
2. **Warm-up & movement skills** (coordination, mobility, controlled energy)
3. **Technique focus** (safe grappling fundamentals, step-by-step)
4. **Partner drills** (supervised, structured, matched appropriately)
5. **Optional controlled sparring** (only when ready; clear stop/start rules)
6. **Cool-down & reflection** (what went well, regulation check-out)

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## SEND/SEMH-friendly delivery

- Calm, predictable structure and clear rules
- Differentiated coaching and step-by-step modelling
- Options for sensory needs (breaks, reduced contact, phased participation)
- Positive behaviour approach: repair, reset, re-join (not exclusion-led)
- Emphasis on consent, boundaries and safety

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## Safety, safeguarding & compliance

- Enhanced DBS instructors
- Safeguarding policy and clear reporting routes
- Risk assessments available on request
- First aid provision on site: Instructor first aid trained
- Public liability insurance: £10 million
- Clear behaviour and safety expectations (including stop word/tap-out rules)

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## Delivery (at our dojo)

Learners attend our dojo for a structured session in a dedicated, matted environment.

**Venue:** Ground Control BJJ, Perseverance Mills, Lockwood Scar, Huddersfield HD4 6BW

**Access/Arrival:** The location is on the second floor, and an elevator is not available. Parking is available on site. Reception Process: Please sign in at the reception desk upon arrival.

**Transport:** Schools arrange transport to/from the venue (we can support with scheduling and arrival plans).

**Frequency:** One-off enrichment/ weekly block/ half-term programme (6–12 weeks)

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## Optional: customised uniform (school-branded)

We can arrange customised BJJ uniforms for learners, featuring the Ground Control (GC) logo alongside the school's chosen branding (school logo/name). This can help build identity, pride, and consistency for learners attending the programme.

(Custom uniform costs and minimum order quantities can be provided on request.)

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## Requirements

- Transport to/from the venue
  - School staff presence/support: Ratio depends on specific needs; please contact us to arrange.
  - Learners in a suitable kit (we can advise; a loan kit may be available if agreed). Learners can also participate in sessions wearing non-uniform clothing, referred to as No-Gi. General gym clothing can work for this.
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## Costs & booking

Pricing (Pilot Rate – 90-minute session)

To support access and build long-term partnerships, we offer an introductory pilot rate for AP schools:

- £200 minimum session fee (covers up to 4 learners)
- + £25 per additional learner (up to 10 learners total)
- 6-week block: 10% discount on the total programme cost

### Example costs (90 mins):

- 4 learners: £200 per session | £1,080 for 6 weeks
- 6 learners: £250 per session | £1,350 for 6 weeks
- 8 learners: £300 per session | £1,620 for 6 weeks
- 10 learners: £350 per session | £1,890 for 6 weeks

***(Delivered by a qualified coach plus a female assistant, in our fully matted dojo. Programme pricing includes planning and structured session delivery. Custom uniform options available on request, quoted per learner.)***

To book:

1. Choose dates/times
  2. Confirm group size, key needs, and risk notes
  3. We send a simple booking agreement and session plan
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## Contact

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