



LEARN MORE!

# Jiu-Jitsu for Kids

**W**elcome to our Award winning Jiu-Jitsu kids program! Jiu-Jitsu is not just a martial art; it's a journey of personal growth, discipline, and physical fitness tailored for young learners. Our program is designed to foster an environment where children can thrive both physically and mentally, learning valuable life skills that extend beyond the mat.

Learn More about the incredible benefits for kids - WATCH BELOW 📌



Jiu-Jitsu offers a plethora of benefits for children. Physically, it improves coordination, flexibility, strength, and overall fitness. Mentally, it teaches strategic thinking, problem-solving, and the importance of patience. Emotionally, Jiu-Jitsu builds confidence and resilience. It also promotes respect for others, self-discipline, and the ability to handle conflict in a non-violent manner. These skills are invaluable in school, at home, and in the wider community. Learn more





# Benefits of Jiu-Jitsu for Kids



Image\* That's me! Around 1990, just a kid with a mullet just living that jiu-jitsu life! I had no idea that it would take me this far today! - Derek Stewart COACH - Auburn.

## \*\*The Art of Dedication and Commitment:\*\*

Jiu-Jitsu, like any worthwhile pursuit, requires dedication and commitment. Success in this art doesn't come overnight; it's the result of consistent practice and perseverance. Children will

learn that progress in Jiu-Jitsu, much like in academics or sports, is incremental. The journey involves overcoming challenges, learning from losses, and celebrating small victories. This process mirrors life's lessons about hard work and the rewards of long-term commitment.

## \*\*Building a Community:\*\*

Our kids' program emphasizes community. Here, your child will learn to work with peers, understand teamwork, and respect for instructors and classmates. This community aspect fosters a supportive environment where kids encourage each other to improve, creating lifelong friendships and a sense of belonging.

## \*\*A Pathway to Success:\*\*

Lastly, Jiu-Jitsu teaches that success is not just about winning matches; it's about personal growth. Each class, each technique learned, and each belt earned is a step towards becoming not only a better martial artist but a better person. Our program is structured to instill these values, ensuring that every child understands that the true measure of success in Jiu-Jitsu, and in life, is the effort and integrity one brings to every challenge.



# 10 Key Points for the Kids Jiu-Jitsu Program:

1. **Physical Fitness:** Enhances strength, flexibility, and coordination.
2. **Mental Sharpness:** Develops strategic thinking and problem-solving skills.
3. **Emotional Growth:** Boosts self-esteem, resilience, and emotional control.
4. **Discipline:** Teaches the importance of discipline in achieving personal goals.
5. **Respect:** Cultivates respect for instructors, peers, and the art itself.
6. **Commitment:** Emphasizes that dedication leads to mastery and success.
7. **Community:** Encourages a supportive community of peers and mentors.
8. **Personal Growth:** Progress in Jiu-Jitsu mirrors personal development.
9. **Conflict Resolution:** Equips kids with non-violent means to resolve disputes.
10. **Lifelong Learning:** Instills the value of continuous learning and improvement in all aspects of life.

**We've been the leader of youth jiu-jitsu instruction in Nebraska with over 20 years Experience. Join our Team Today!**



# Youth Jiu-Jitsu Classes!

# What To Expect.

When you're considering enrolling your child in a Brazilian Jiu-Jitsu (BJJ) class, understanding what to expect can help alleviate any concerns and ensure both you and your child are prepared for this new adventure. Here's what you can anticipate:

I run our classes with old school respect and discipline reinforced throughout all of the training .

Our Curriculum is always evolving and strives to be modern competitively but rooted in strong fundamentals that are continually shaped in a steady consistent routine for any skill level year round.

Jiu-Jitsu is like chess. There are some key movements and sequences you just must know in order to have success on the mats. Jiu-jitsu 101 is the first part of that process. All new students must complete jiu-jitsu 101 to ensure a safe and competent Dojo.

## #### **\*\*Safety First\*\***

One of the primary concerns for parents is the safety of their children. Brazilian Jiu-Jitsu, known for its ground-based techniques, emphasizes control over striking, which significantly reduces the risk of injury.

- **\*\*Supervision\*\***: Classes are typically supervised by experienced instructors who prioritize safety. They teach techniques in a controlled manner, ensuring students learn in a safe environment. Most schools have a rule where no one is allowed to practice without an instructor present.
- **\*\*Controlled Sparring\*\***: For kids, sparring or "rolling" is often done in a controlled environment where instructors match students by size and skill level. They'll often start with drills and techniques before moving to any form of live grappling.

## #### **\*\*Class Structure\*\***

BJJ classes for children are structured to cater to their attention spans, physical capabilities, and developmental stages:



- **Age-Specific Groups**: Classes are usually divided by age. For example, there might be classes for children aged 3-7, 8-12, and teenagers. This ensures that the instruction is appropriate for each group's maturity and physical development. Younger children might have shorter classes, typically around 30-45 minutes, while older kids might engage in sessions lasting up to an hour.
- **Warm-Up**: Classes often begin with a warm-up to get the kids moving, which might include basic movements that mimic the techniques they'll learn.
- **Technique Learning**: The core of the class involves learning new techniques or refining existing ones. Instructors demonstrate moves, then students practice in pairs or small groups. Techniques focus on leverage, balance, and control, teaching kids to use their body efficiently.
- **Drills and Games**: To keep children engaged, instructors often incorporate games or fun drills that teach BJJ principles like balance, escape, and submission without the children realizing they're learning.
- **Live Rolling or Sparring**: This part of the class is where kids apply what they've learned in a semi-competitive environment. It's closely monitored, and for younger children, it's more about understanding positions than winning.

#### #### **Benefits Beyond Self-Defense**

### **BJJ isn't just about learning to defend oneself; it offers numerous developmental benefits:**

- **Discipline and Respect**: The martial art instills a sense of discipline and respect for others, core tenets of BJJ culture.
- **Confidence Building**: As children learn and master techniques, their confidence grows. This confidence transcends the mat and can positively affect their school performance and social interactions.
- **Physical Fitness**: BJJ is an excellent form of exercise, promoting strength, flexibility, and cardiovascular health.
- **Social Skills**: Training in BJJ means interacting with peers, learning teamwork, and developing social bonds that become very powerful due to the nature of jiu-jitsu and the personal growth developed by training.



- **Problem Solving**: The nature of BJJ, where one must react to an opponent's moves, enhances critical thinking and problem-solving skills.

#### #### **What to Bring and Wear**

- **Uniform**: You will need an official Academy Rash Guard and Fight Shorts kit. Beginners may wear an Official Academy T-Shirt during jiu-jitsu 101 sessions.

- **Water and Snacks**: Encourage your child to bring water. Some sessions might include a brief snack time for younger kids.

- **Personal Hygiene**: Cleanliness is emphasized in BJJ due to the close contact. Ensure your child has a clean uniform, trimmed nails, and good personal hygiene.

#### #### **Parental Involvement**

- **Observation**: Some schools allow parents to observe classes, while others might prefer privacy for the students. Ask about the policy.

- **Communication**: Regular communication with instructors about your child's progress, concerns, or achievements is encouraged.

- **Support**: Encourage practice at home, if possible, by engaging in light drills or simply discussing what they learned.

#### #### **Conclusion**

Enrolling your child in a Brazilian Jiu-Jitsu school can be a transformative experience, offering more than just martial arts training. It's a journey of physical, mental, and emotional growth. By understanding what to expect, you can better support your child in this exciting endeavor, ensuring they not only learn self-defense but also gain invaluable life skills.



# The Commitment to Jiu-Jitsu: Embracing Kaizen



When parents decide to enroll their children in Brazilian Jiu-Jitsu (BJJ), they're not just signing up for a martial arts class; they're embarking on a journey that requires dedication, patience, and a commitment to the concept of **\*Kaizen\***— continual improvement. This philosophy, deeply embedded in BJJ, offers children a unique approach to personal development, contrasting sharply with many aspects of modern society where there's often an emphasis on instant gratification, seasonal activities, or the option to quit.

## #### **\*\*Understanding Kaizen in BJJ\*\***

**\*\*Kaizen\*\***, a Japanese term for "continuous improvement," is not just a principle in BJJ; it's a lifestyle. In the context of children's Jiu-Jitsu:

- **\*\*Incremental Progress\*\***: BJJ teaches that mastery comes from small, consistent efforts rather than overnight success. Each class, each session, builds upon the last, with students learning to appreciate small victories—be it mastering a new technique or simply staying focused for longer.



- **Resilience and Perseverance**: The sport inherently fosters resilience. When children face challenges or setbacks, they learn that improvement comes from persistence, not from giving up. This mindset is invaluable in all areas of life.

- **Holistic Development**: Kaizen in BJJ isn't just about physical skills but also about personal growth, including discipline, respect, and self-control. These values are reinforced through every bow, every drill, and every bout of sparring.

#### #### **The Commitment Required**

- **Regular Attendance**: Commitment to BJJ means regular class attendance. Unlike sports with seasons, BJJ is year-round, encouraging a consistent lifestyle rather than a temporary engagement.

- **Practice at Home**: For children to see great results, practice outside of class is vital. This could mean going over techniques with a parent or sibling or even mentally rehearsing moves.

- **Mental and Emotional Investment**: Children need to learn to handle the emotional rollercoaster of learning something challenging. This includes dealing with frustration, celebrating small victories, and understanding that setbacks are part of the journey.

- **Parental Support**: The commitment extends to parents, who play a crucial role in supporting this lifestyle change. This might mean adjusting family schedules, providing encouragement, or even learning some Jiu-Jitsu themselves to better understand the journey their child is on.

#### #### **Contrast with Societal Norms**

- **No Off-Season**: Unlike many sports where there's a clear "off-season," BJJ promotes a continuous engagement model. This can be counter-cultural in a society where breaks are not just expected but often celebrated. The message here is that improvement in life, much like in BJJ, doesn't take a break.

- **Long-term vs. Short-term**: Society often rewards short-term gains, but BJJ teaches kids the value of long-term commitment for long-lasting results. This principle can influence their approach to education, personal projects, or relationships.



- **Growth Over Winning**: BJJ for kids focuses more on personal growth than on winning. In a world where competitive outcomes are often highlighted, BJJ shifts the focus towards self-improvement, mutual respect among peers, and the joy of learning.

- **Resilience to Quitting**: The culture around BJJ discourages quitting. It's not about forcing the child to continue but about fostering an environment where the desire to improve is stronger than the impulse to quit when faced with difficulty.

### #### **The Positive Lifestyle Change**

- **Physical Health**: Regular BJJ practice ensures children are physically active, promoting health in a fun, engaging way.

- **Mental Fortitude**: The discipline and focus required in BJJ can translate to better academic performance and problem-solving skills.

- **Social Bonds**: The communal aspect of training builds friendships and a support network that can last a lifetime.

- **Character Building**: The emphasis on respect, humility, and persistence helps shape well-rounded individuals.

- **Lifelong Learning**: Embracing Kaizen means children learn to see learning as a lifelong journey, not a destination.

### #### **Conclusion**

Enrolling a child in Jiu-Jitsu is more than choosing a sport; it's choosing a path of continual self-improvement that stands in stark contrast to many societal norms. It's about committing to a lifestyle where every day is an opportunity for growth, where setbacks are learning experiences, and where the focus is on becoming a better version of oneself, both on and off the mat. This journey, rooted in the principles of Kaizen, can equip children with the tools they need to navigate life's challenges with grace, resilience, and an unending pursuit of excellence.



## Trial Membership

# The Value in Giving Jiu-Jitsu an Honest Try for Your Children

As a parent, you're always on the lookout for activities that can enrich your child's life, providing not only physical benefits but also fostering mental, emotional, and social growth. Brazilian Jiu-Jitsu (BJJ) is one such activity that offers a treasure trove of advantages for children. Here's why giving Jiu-Jitsu an honest try could be one of the best decisions for your child's development.

### #### **\*\*Physical Benefits\*\***

- **\*\*Strength and Conditioning\*\***: BJJ is an exceptional full-body workout that builds muscle strength, enhances cardiovascular fitness, and improves overall physical conditioning. For children, this means better health, increased energy levels, and a foundation for lifelong physical activity.
- **\*\*Flexibility and Coordination\*\***: The art involves a lot of movements that require and develop flexibility, balance, and coordination. These skills are crucial not just for sports but for everyday life, reducing the risk of injuries.
- **\*\*Motor Skills Development\*\***: Through the practice of various techniques, children enhance their fine and gross motor skills, which can positively impact their performance in other sports or physical activities.

### #### **\*\*Mental and Emotional Growth\*\***

- **\*\*Self-Discipline\*\***: BJJ teaches discipline through its structured classes, the need to follow rules, and the practice of techniques requiring patience and repetition. This discipline can translate into better study habits, time management, and self-regulation in other aspects of life.



- **\*\*Confidence\*\***: Learning to defend themselves and mastering complex techniques gives children a significant boost in confidence. This newfound self-assurance can be transformative, encouraging them to tackle challenges both inside and outside the dojo.
- **\*\*Resilience\*\***: Jiu-Jitsu is about learning from losses as much as from wins. Children learn that setbacks are part of the journey to mastery, fostering a resilient mindset that's invaluable in the face of life's inevitable challenges.
- **\*\*Stress Management\*\***: The physical intensity of BJJ can serve as an excellent stress reliever, while the focus required in learning techniques promotes mindfulness and concentration, helping kids manage stress better.

#### #### **\*\*Social and Life Skills\*\***

- **\*\*Teamwork and Respect\*\***: BJJ classes are communal; students learn from each other, often in pairs or small groups. This setting promotes teamwork, respect for others, and the importance of a supportive community. The hierarchical respect for belts and instructors also instills a sense of humility and respect.
- **\*\*Communication Skills\*\***: Learning to spar (or 'roll') involves non-verbal communication, teaching kids to read body language and react appropriately, skills that are transferable to all areas of social interaction.
- **\*\*Anti-Bullying\*\***: With the self-defense aspect of BJJ, children gain the tools to protect themselves. More importantly, the philosophy of BJJ often discourages aggressive behavior in favor of de-escalation, making it a powerful anti-bullying tool.

#### #### **\*\*Why Give It an Honest Try?\*\***

- **\*\*Inclusivity\*\***: BJJ is for everyone, regardless of size or initial athletic ability. It's about technique over strength, making it a level playing field where every child can succeed.
- **\*\*Long-term Engagement\*\***: Unlike activities that might have a season or a specific end, BJJ can be a lifelong pursuit, offering continuous challenges and learning opportunities.
- **\*\*Visible Progress\*\***: The belt system in BJJ provides tangible markers of progress, which can be incredibly motivating for children, showing them the fruits of their commitment.



- **\*\*A Safe Environment\*\***: With an emphasis on control and technique over striking, BJJ is among the safer martial arts for children, with instructors vigilant about matching students by size and skill.

### #### **\*\*Getting Started\*\***

- **\*\*Set Realistic Expectations\*\***: Understand that progress in BJJ, like in any skill, takes time. Encourage your child to enjoy the journey of learning rather than focusing solely on outcomes.

- **\*\*Support Their Journey\*\***: Be there to support, not just by driving them to classes but by showing interest in what they learn, perhaps even trying a class yourself.

- **\*\*Embrace the Kaizen Philosophy\*\***: Teach your child to appreciate the concept of continuous improvement, which is at the heart of BJJ, turning every class into an opportunity for growth.

In conclusion, giving Jiu-Jitsu an honest try can open doors to a world where physical prowess, mental resilience, and social skills are cultivated in a fun, supportive environment. It's not just about learning to fight; it's about learning to live better. As a parent, witnessing your child grow in such a holistic manner through BJJ can be one of the most rewarding experiences.

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## Ready to get Started? Click the Link Below to Get a Trial Membership Started Today!

**TRIAL MEMBERSHIP**