



# LASHLEY TRAINING CENTER

## Jiu Jitsu Kids' Program

At Lashley, martial arts aren't just about learning how to fight. We know that technique and experience is important, but we also believe that learning martial arts should improve the overall person – physically, mentally, and emotionally. We're not just another gym teaching to win a tournament. We've set goals for each and every student, whether beginner or advanced, tot or teen, that build not only strength, but also character. We strive to continue our mission "Fitness with a Purpose" in all aspects of our gym, including our martial arts programs.

### Our Goals:

- Respect and discipline
- Citizen formation
- Teach values, moral, ethics, and leadership
- Model sportsmanship
- Develop emotional control
- Increase self-esteem and confidence
- Self defense
- Socialization
- Promote physical, mental, and social well-being
- Estimate physical valences and motor skills inherent in Jiu Jitsu, such as strength, flexibility, resistance, agility, motor coordination, space-time orientation, and body consciousness

### Self Defense Objectives

#### *Fighting Fire with Water*

Most martial arts programs rely on striking the attacker with violent punches, kicks, knees, and elbows, but in our program, we take a different approach. All techniques are purely defensive and use no strikes. We also teach children how to defuse confrontations with words and never to initiate physical aggression. If attacked, we offer techniques to non-violently neutralize the threat and gain control until help arrives. We teach children how to fight fire with water so that they never have to worry about their child becoming a bully (or being bullied) under our guidance.

- **Increased Awareness:** Harassment comes in many forms. Sometimes a victim doesn't take a stand because they can't differentiate between "joking" and "bullying." We teach your child to differentiate between harmless play and harmful harassment so they know precisely when and how to act in each circumstance.
- **Unshakable Confidence:** A confident child is a bullyproof child. Bullies seek "easy targets" – those who will tolerate their abuse. We arm your child with the tools needed to overcome physical, verbal, and psychological harassment, so they are so confident in themselves that no bully will try to harass them.
- **Total Responsibility:** We prepare your child to deal with bullies without turning them into one. We emphasize discipline, responsibility, and respect throughout the course, and teach five "Rules of Engagement" to ensure they never abuse their power.

## The Rules of Engagement

Teaching a child martial arts without teaching them when to use it is akin to giving someone a gun without teaching them how to use it. Our program actually teaches children precisely when they can, and cannot, use the techniques they are learning. The five "Rules of Engagement" are regularly rehearsed in class so that children will never abuse their power and, equally important, they will not hesitate to take a stand when abused by bullies.

*Rule 1:* Avoid the fight at all costs.

*Rule 2:* If physically attacked, defend yourself.

*Rule 3:* If verbally attacked, follow the Three T-steps (talk, tell, tackle).

*Rule 4:* Never punch or kick the bully, establish control and negotiate.

*Rule 5:* When applying submissions use minimal force and negotiate.

## Perfect Programs for Every Age

Nearly all Jiu Jitsu schools have all of their youth students bunched into one class, and a few schools have classes separated by age group. Our Jiu Jitsu program is one of the only youth programs that separate kids by age AND experience level so that every child gets the perfect balance of fun and challenge in their weekly classes. All kids begin in super-playful entry-level programs for their age group, and as soon as a child reaches a certain level of maturity and skill, they are promoted to the next training program.

### **Mini Pup Jiu-Jitsu (3-4 Years Old)**

The Mini Pup program is getting kids introduced into the program. The main focus is listening, social skills with teammates, respect, discipline, and developing basic physical athletic abilities. We slowly start to introduce them to basic Jiu Jitsu fundamentals.

### **Little Bulldogs (5-7 Years Old)**

The Little Bulldogs program is for kids 5-7 years old. We focus on the fundamentals of Jiu Jitsu and self-defense by implementing them in a fun and creative learning environment

### **Big Bulldogs (8-14 Years Old)**

In the Big Bulldogs program, we focus on 20 non-violent self-defense techniques that teach children to “neutralize and negotiate” with bullies. Verbal assertiveness strategies are a major portion of this curriculum. A child needs absolutely no experience to start, and we guarantee a noticeable increase in your child’s confidence within a few weeks!

### **Advanced Class (Invitation Only)**

We invite children who excel in the Advanced Class to join the Black Belt Club. This is our most advanced youth Jiu Jitsu program and joining the Black Belt Club is the highest honor for any youth in our program. Kids in this program possess all the traits necessary for success on the path to a black belt: discipline, respect, courage, leadership, loyalty, and compassion.

### **Student Homework**

Students will be assigned homework outside of class to help them develop leadership and life skills along with practicing jiu-jitsu skills. The homework is a part of our character development program. We understand that many of our students have school and sport obligations outside of the gym, so we give our students enough to develop habits, but not too much to make it overwhelming for the kids or the parents.

### **Lashley Character Development Program**

We have found that our instructors develop powerful bonds with every student on the mat, but especially with our youth practitioners. We leverage this connection to help you develop your child’s character for success in all aspects of life. Every quarter of the year we will focus on different aspects of Character Development which the homework will reflect with special assignments.

The homework will be a 13-week packet (given quarterly) that the student will be responsible to bring it in for class for the coach/instructor to sign off. Students will get a special treat when it is completed and at the end of the quarter, those with 70% of homework completed will be allowed to attend a special game day. It's not just about "getting it done", but creating habits, improving character, and being rewarded for hard work.

## **Belt Testing**

For a child to progress through the belt ranking system we have set up the best progression system for them to effectively learn and test for their next rank. The child must perform in the following three ways during the test Shin - Gi - Thai

- *Shin (Mind/Spirit)* - Being able to control one's emotions under stress. Good discipline, respect, & display maturity
- *Gi (Technique)* - Perform the necessary techniques required for the students to know
- *Tai (Physical/Body)* - Be able to perform basic exercises and push through basic physical/muscle tiredness.

## **The Test**

Testing is scheduled via small group / private training outside of class. The instructors will arrange specific testing days for the whole class. Tentative testing dates are scheduled every quarter around January 5th, April 5th, July 5th, October 5<sup>th</sup>.

In order to progress in belt ranking students will be required to pass the following:

1. **Warm-Up / Exercise:** The first 10-15 mins of the test will be a more physically challenging warm-up to test the physical preparedness of the students.
2. **Student Techniques:** Students will demonstrate their list of techniques in order to progress belt rank. Students will also be required to demonstrate some of the techniques at prior testing levels. Students will need to know the names and demonstrate all techniques correctly to pass this test. If the student does not pass, they only need to retest for the techniques that they did not pass, not all of them. This is common, so don't get discouraged. The instructor will go over the proper technique so the student can practice. We are here to help one another, learn, and grow.
3. **Bully Battle / Stress Test:** For this test, the student gets to pick an instructor of their choice, and uses the techniques that they've learned on display. The student will have to

battle for 2 minutes. During this time, they will show off the full range of their skills using escapes, sweeps, guard passes, and submissions.

And yes, the family is always welcomed to take pictures and film the whole event! After the Bully Battle, the student is then presented with the belt that they have earned!

### ***Testing Techniques***

***\*\*Students must be able to show techniques for all levels up to the current level test\*\****

#### **White To Gray**

- Shrimps, defensive scoot, rolls, break fall
- Mount, knee on belly
- Armbar, paintbrush
- Cross collar (standing, guard, mount)
- Understanding closed guard
- Breaking guard open, pin, and pass
- Mount escape, knee on belly escape, push-pull trip from back
- Double leg, O Soto Gari, sprawl
- Double leg from Haymaker punch, grip breaking (wrists, sleeve, collar)
- Tie your belt
- Frame to a takedown from a volley of punches
- Armbar escape

#### **Gray to Yellow**

- Stand up in base
- Side mount, north-south
- Kimura, wrist Lock
- Triangle choke, head arm triangle
- Half guard
- Double under pass, half guard toothpaste pass
- Scissor sweep, hip bump sweep
- Sprawl & tackle defense
- Stiff arm defensive takedown, high school headlock escape
- Triangle escape

### **Yellow To Orange**

- Break fall sideways
- Side scarf, reverse side scarf
- Straight arm lock, armbar 3 positions
- Guillotine, butter cutter
- Butterfly guard
- Inside knee slice, log splitter pass
- Side mount escape (besides shrimping), seatbelt escape
- O Goshi, arm drag
- Front choke static & push, bear hug unpinned escape
- Guillotine escape

### **Orange To Green**

- Break fall front, pull guard
- Seatbelt, body triangle, Ashi Garami
- Straight ankle, knee bar, Kimura 3 positions, paintbrush 3 positions
- Loop choke, Darce, clock, rear naked choke seatbelt
- Spider / butterfly guard
- Butterfly guard pass, spider guard pass
- Half guard tilt sweep, reverse scissor sweep
- Outside leg trip, head and arm takedown, reverse blast double, back leg trip from behind
- Pinned mount escape, defending punches on the back (leg defense on arms), rear chock escape, pinned on wall / choke on wall defense
- Kimura / paintbrush escape
- North-south choke

### **Green To Blue (must be 16 years old)**

- Stand up base under pressure
- Leg pin (leg attack)
- Straight armlock 3 positions, ankle lock 3 positions, wrist lock 3 positions
- Ninja choke, bow n arrow choke
- Butterfly, half guard, spider
- Tornado pass, smash pass
- Ashi Garami knockdown, north-south to seatbelt
- Snap down to seatbelt, Hane Goshi, Ushiro Goshi
- Ushiro Goshi, lapel grab, side headlock 2 escapes, sprawl & tackle defense, rear from behind hands choke, bear hug pinned arms from behind (pick the leg), bear hug pinned from front
- Ankle lock escape

### Jiu-Jitsu Minimum Skills Requirement

| Techniques            | Grey | Yellow | Orange | Green | Blue | Purple | Brown | Black |
|-----------------------|------|--------|--------|-------|------|--------|-------|-------|
| Bearing & Break Falls | 3    | 4      | 5      | 7     | 7    | 7      | 7     | 7     |
| Immobilizations       | 2    | 4      | 6      | 8     | 8    | 12     | 12    | 14    |
| Joint Locks           | 2    | 4      | 6      | 10    | 14   | 18     | 18    | 20    |
| Chokes                | 2    | 4      | 6      | 10    | 12   | 16     | 16    | 20    |
| Guards                | 1    | 2      | 3      | 3     | 3    | 5      | 5     | 8     |
| Passing Guard         | 2    | 4      | 6      | 8     | 8    | 12     | 12    | 16    |
| Sweep & Reversal      | 2    | 4      | 6      | 8     | 8    | 12     | 12    | 16    |
| Throw / Takedown      | 2    | 4      | 6      | 8     | 10   | 12     | 15    | 15    |
| Self-Defense          | 2    | 4      | 6      | 10    | 14   | 16     | 18    | 20    |
| Escapes               | 1    | 2      | 3      | 4     | 5    | 6      | 7     | 8     |