



# BOSTON BRAZILIAN JIU-JITSU ACADEMY

## *Kids/Teens Training Program*

### *What is Brazilian Jiu-Jitsu?*



Brazilian Jiu-Jitsu, or BJJ, is a unique, grappling martial art. There is no striking or kicking. Instead we learn how to apply leverage to control and subdue an opponent or attacker. Originally developed by the Gracie family in Brazil, BJJ has become famous in the United States in recent years because of its widespread use by MMA fighters as well as for its effectiveness in self-defense.

BJJ training is different from some martial arts because we do not memorize any forms or techniques to practice individually. From the first day, even the youngest students train with a live partner. The result is dynamic, practical self-defense skills and a high level of fitness and coordination.

### *Schedule*

***Our Fall training schedule begins Wednesday, September 6.***

Little Champions (approx. ages 4-7)  
Monday/Wednesday 4:00-5:00pm

Kids Fundamentals (approx. ages 8-14)  
Tuesday/Thursday 4:00-5:00pm

Kids Advanced (approx. ages 8-14)  
Monday/Wednesday 5:00-6:15pm, Saturdays 9:00-10:15am



### *Free Trial Class*

All kids are invited to attend a trial class free of charge. Please contact us with any questions or to schedule your child's free class.

[info@bbjiujitsu.com](mailto:info@bbjiujitsu.com)

617-969-9901



## ***Class Descriptions***

### **Little Champions (approx. ages 4-7)**

**Mondays/Wednesdays 4:00-5:00pm**

We will have fun with games and jiu-jitsu exercises designed to build coordination and fitness. Kids will learn the foundations of the unique movements and positions that comprise Brazilian Jiu-Jitsu.

### **Kids Fundamentals (approx. ages 8-14)**

**Tuesdays/Thursdays 4:00-5:00pm**

This class takes a systematic approach to the positions and basic techniques of Brazilian Jiu-Jitsu. Older kids and teens will learn jiu-jitsu exercises that will build coordination and fitness. They will begin to learn positions and techniques for applying leverage to control their opponent. The class incorporates games and friendly competitive activities for practicing skills in a safe, fun environment.

### **Kids Advanced (approx. ages 8-14)**

**Tuesdays/Thursdays 5:00-6:15pm, Saturdays 9:00-10:15am**

(students are encouraged to attend at least two days per week)

This class is for older kids and teens who ready to take their skills to a new level of sophistication. We will refine the details of basic techniques and introduce advanced techniques and submissions. The class incorporates plenty of training with partners, always under close supervision by instructors. The advanced class requires a high level of focus and responsibility. Placement is determined by the head instructor based on skill level and readiness.



## ***Costs***



- One-time initiation fee of \$150\*, which includes the training uniform.
- Monthly membership fee of \$150\*
- Discounts available for multiple family members

*\*Prices are effective for students beginning before October 1, 2017 and may be subject to change after that. Contact us for current prices after Oct. 1.*

**[www.BBJIUJITSU.COM](http://www.BBJIUJITSU.COM)**