

RAFA JIU-JITSU

Mind in Motion

BRAZILIAN JIU-JITU WITH **RAFAEL JAPUR**

10 WEEK SCHEDULE

MARTIAL ARTS

ENRICHMENT PROGRAM

RAFAEL JAPUR

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164 Johnson St, Windsor, CA 95492*



10 WEEK SCHEDULE

Class 1 - Introduction to Jiu-Jitsu and Self-Defense

- Warm-Up:** Light cardio and stretching to prepare the body for training.
- Introduction to Jiu-Jitsu Culture:** Understanding respect, discipline, and essential terminology.
- Basic Rolling Techniques:** Learning safe rolling practices for comfort on the mat.
- Key Movements:** Hip escapes, butt shifts, and shrimping to build foundational skills.
- Stand-Up Basics:** Developing a strong stance and balance.
- Agility Drills:** Jumping drills to improve coordination and mobility.
- Submission Fundamentals:** Introduction to a basic arm lock.
- Cool-Down:** Relaxation and fun games to reinforce teamwork and end positively.

Class 2 - Fundamental Techniques and Arm Lock Mastery

- Warm-Up:** Dynamic movements to prepare for the session.
- Review:** Reinforce concepts from Class 1.
- Advanced Arm Lock Variations:** Explore multiple setups and angles.
- Introduction to the Back Choke:** A key submission from the back position.
- Takedown Technique:** Osoto Gari (major outer reap).
- Cool-Down:** Relaxation and fun group activities to foster engagement.

Class 3 - Building Confidence Through Retrieval Practice

- Warm-Up:** Energizing drills to boost focus and energy.
- Comprehensive Review:** Revisiting techniques from Classes 1 and 2.
- Memory Retention:** Drills emphasizing repetition for deeper learning.
- Cool-Down:** Games designed to combine fun with skill reinforcement.





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Class 4 - Mastering Mount and American Armlock

- Warm-Up:** Targeted exercises for flexibility and strength.
- Positional Control:** Techniques to establish and maintain mount dominance.
- Submission Mastery:** American arm lock fundamentals from the mount position.
- Cool-Down:** Engaging activities to wind down the session.

Class 5 - Introduction to Self-Defense and Positional Attacks

- Warm-Up:** Exercises to build endurance and focus.
- Review:** Key skills from previous classes to ensure retention.
- Self-Defense Basics:** Practical techniques to counter common attacks.
- Offensive Strategies:** Neck and back attack fundamentals.
- Cool-Down:** Relaxation and interactive games.

Class 6 - Expanding Self-Defense Techniques

- Warm-Up:** Mobility drills to enhance readiness.
- Skill Refinement:** Focused practice of Class 5 techniques.
- Advanced Self-Defense:** Countering complex attack scenarios.
- Defensive Mastery:** Techniques to neutralize neck and back attacks.
- Cool-Down:** Cooperative games to foster camaraderie.

Class 7 - Developing Half Guard Mastery

- Warm-Up:** Preparatory exercises for coordination and strength.
- Review:** Drills to reinforce techniques from Class 6.
- Half Guard Fundamentals:** Offensive techniques from this key position.
- Cool-Down:** Fun activities to maintain enthusiasm.





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Class 8 - Comprehensive Program Review

Warm-Up: Full-body exercises to gear up for intensive review.

Program Recap: Revisiting and refining techniques from Classes 1 through 7.

Focused Practice: Structured drills to enhance memory and performance.

Cool-Down: Skill-based games to keep the session lively.

Class 9 - Advanced Techniques: Triangle and Kimura

Warmup: Targeted movements to build flexibility and readiness.

Introduction to triangle technique: A highly effective submission from guard.

Kimura technique fundamentals: Learning this versatile submission and its applications.

Cool-Down: Interactive games to wrap up the session with enthusiasm.

Class 10 - Final Review and Achievement Celebration

Warm-Up: Energizing drills to set a positive tone.

Comprehensive Review: Full practice of techniques learned throughout the program.

Skill Demonstration: Students showcase their progress and understanding.

Celebration: Certificate presentation and recognition of achievements.

Cool-Down: Closing with enjoyable games and a group celebration.

Program Conclusion

The 10-week Jiu-Jitsu program offers young practitioners a dynamic and supportive introduction to Brazilian Jiu-Jitsu. Participants improve physical fitness, including strength, flexibility, and coordination, while building discipline, respect, and teamwork. Confidence and practical self-defense skills are developed through engaging, structured lessons, which also enhance memory and focus. The journey concludes with a celebration of achievements, leaving participants with a sense of pride and a lifelong appreciation for martial arts.

