

Steamboat Springs Brazilian Jiu-Jitsu

**Youth Program
Fall 2021**



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Welcome to Steamboat Springs Brazilian Jiu-Jitsu

We thank you for choosing Steamboat Springs Brazilian Jiu-Jitsu(SSBJJ). We are dedicated to helping you and your child learn the philosophies and attitudes of Brazilian Jiu-Jitsu and gain the discipline and defensive skills that it has to offer.

The following information will better prepare your child for their training with our school and instructors. Our professional staff and their assistants are here to help and guide your child towards greater self-confidence and better physical conditioning.

Martial arts training will improve your child's balance, coordination, flexibility, and reaction speed. The SSBJJ method gradually guides your child to increased confidence, mental discipline, self defense, and much more.

Our mission is to make our students more successful in life through their practice of Brazilian Jiu-Jitsu. We do this by teaching this martial art as a complete discipline(mind, body, and spirit). In addition to developing physical defense, it encourages the formation of high personal standards and respect for fellow humans. Through our practice and teaching, we strive to produce individuals who are positive, respected, and contributing members of society.

We have an open door policy. If there is anything we can do to further assist you, or if there is anything you wish to discuss(problems, concerns, or even a compliment), please feel free to speak with us.

Dave Marrs
Director-SSBJJ Youth Program

SSBJJ Mission Statement

Our mission is to help our students find greater success in life through the practice of martial arts. We do this by teaching Brazilian Jiu-Jitsu as a complete discipline, which helps to unite mind, body, and spirit. This approach develops physical defense while encouraging the formation of high personal standards of behavior and respect for fellow humans.

Philosophies

Without philosophy, martial arts would be little more than street fighting. At SSBJJ, we teach and emphasize a series of basic life skills that challenge our students throughout not only their martial arts training but also their everyday lives.

Students are taught to be respectful and polite towards others. This can come in the form of respecting peers of any age as well as parents, adults, teachers, etc.... They also are taught the importance of learning and doing their best in school. Through these important lessons, students are molded into leaders in their communities through the development of respect, discipline, confidence, work ethic, and leadership.

General Topics

Attendance and Scheduling

Rank and age divide all classes at SSBJJ. 5-7 year olds will be training on Tuesdays and Thursdays from 4:00-4:45pm. 8-12 year olds will be training on Tuesdays and Thursdays from 4:45-5:30. Separation of age and ability allows the students to train within similar ability and body size.

SSBJJ recommends consistent and regular training. Development in both mind and body directly will benefit as a result. SSBJJ also recognizes that there can and will be other responsibilities and recreations that may conflict with our scheduled times. We feel that school responsibilities are at the very least as important as consistently training. If there is a conflict between schoolwork and/or responsibilities, please do not hesitate to meet those that are school related instead of training.

Viewing Classes

Parents, visitors, friends, and family are encouraged to watch class. We only ask that you respect the class by remaining quiet. If younger siblings are with you, please keep them under control.

It is essential that the coaches are the only ones providing feedback to the students. SSBJJ will not tolerate coaching from the sidelines. This behavior is disrespectful to the coaches, the academy, other parents, and the athletes. It also can make it exceedingly difficult to properly lead a class. This sport is very complex and inherently has the potential to be dangerous. There is a tried and true way of developing technical skills in Brazilian Jiu-Jitsu. If there are any questions or concerns about conduct or a specific situation during class, approach the coach after class. If it cannot be discussed after class due to a scheduling conflict, please feel free to reach out and set up a time in which to discuss it.

If you are unable to stay for the class, please make sure to return in a timely manner to pick up your child. The next class immediately starts at the end of the previous one, so a coach will be unable to watch a student who may be waiting for their parents.

Holidays and Special Events

SSBJJ will be closed on all major holidays, including the period from Christmas Eve through New Year's Day. Some classes may be cancelled with prior notice for special events such as tournaments, seminars, clinics, and teacher workdays. An on-line schedule is accessible and updated in which to let parents know of any changes.

Motivational Challenges

It is important to remember that nearly everyone who has earned a black belt has considered quitting at some point in their journey from white to black belt. It is normal to have peaks and valleys in our training, especially since martial arts typically takes place year-around. Motivation to train can vary. This is not all that uncommon from time to time. If it becomes challenging to get your child to come to class, please talk with us. We may be able to help motivate them and find that enthusiasm once again.

Submissions

Submissions are an important aspect of the martial art of Jiu-Jitsu. These are taught in an age-appropriate way and always are put forth in a slow and controlled manner. This specifically is intended to keep injuries down to a minimum and as a way to teach the importance of control.

TAP(The Achievement Program)

Within the IBJJF(International Brazilian Jiu-Jitsu Federation) system of belt and stripe promotions, athletes are rewarded for making strides in a variety of techniques. Each belt represents a larger collection of general understanding and achievement. At the white belt level, students are just learning the very basic positions and the importance of tapping, respect, and how to be defensive-minded. At the grey belt levels, students begin to understand how to transition between positions and how to find control of an opponent or training partner. As students make their way into yellow, orange, and green belt levels, specific techniques are taught and drilled. Within each belt level, stripes are received to show progression within the belt. In addition, SSBJJ awards students for achievements made off the mat:

Gold Stripe-”The Academic Achievement Award” is given to those that maintain a B or above. This also could be awarded based on a teacher’s overall evaluation if grades are not received.

Blue Stripe-It is awarded to those that go above and beyond by giving back to our community. Volunteering in order to help improve our city is a great way to help out.

Red Stripe-This is awarded to those that help keep our academy in the best shape possible. Cleaning up, helping out during days set aside for improving our academy, and straightening up after others if needed all are great examples of how to contribute.

Promotions and Progression

At SSBJJ a student’s progress is measured by the awarding of stripes and belt promotions. A stripe added to a student’s belt signifies that the student successfully has completed a specific portion of their current curriculum. It is used as a measurement of that student’s progression at their current rank. A promotion to a new belt color signifies a completion of an entire set of curriculum and therefore recognition of a student’s increase in skill level.

Here at SSBJJ, the curriculum is ongoing, so students are rewarded stripes on their belt for completing a minimum set of days while also

showing progression. Typically, white and grey belts will receive a stripe roughly every six days. As the belt levels progress, time between stripes can lengthen due to the difficulty and complexity of more demanding techniques. Before a belt promotion occurs, coaches will meet in order to discuss whether a student has reached a satisfactory level of understanding and application of techniques as well as behavior. While it is important to reward commitment, all aspects of being a good student need to be addressed.

Thank you for giving Steamboat Springs Brazilian Jiu-Jitsu an opportunity to include your child within our program. We look forward to helping your child grow and develop into a true martial artist!

Dave Marrs
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