

INTRODUCTION TO JUJITSU AND SELF DEFENSE



Hi, my name is Ethne Girard.

I will be teaching Introduction to Jujitsu and Self Defense for boys and girls.

My goal over the next **12 weeks: Thursdays: January 5, 12, 19, 26;**

February 2, 9, 16, 23; March 2, 16, 23, 30 (no class March 9)

is to introduce the students to Jujitsu, giving them a sense of empowerment, respect, self-confidence and self-control to use their bodies to protect themselves.

The cost of the 12-week program is \$132.

A little bit about me....

I taught a girls only program, as well as a ladies class for over 2 years. I trained in Jujitsu for 4 years. My partner and I competed in nationals, taking first place. Please see the attached video of the competition.

Click on the link for reference <https://youtu.be/5EXUb0UWYIk>

The class will be able to operate with 10 students, but is limited to 16 students - grades 3-5.

Curriculum:

- 5 minutes cardio/warm up
- 50 minutes Jujitsu training
- 5 min yoga and stretching to cool down

After warm ups, students will be taught 1 or 2 new skills (depending on the level of difficulty) and go over what was taught the week before.

Techniques that will be taught:- 10 basic escapes and strikes- Japanese terminology

- safe practice to do a front, back and side roll

- in lesson #10, I will demonstrate a simple Ogoshi throw, (over the hip throw),

that only I will be doing

Techniques that will not be taught:- arm, wrist, leg locks- throws and chokes

Rules of the class for discipline:- 5 pushups- 5 jumping jacks- 5 sit ups

I give my child, _____, permission to take part in the Introduction to Jujitsu Program at JCDSRI from January 5 through March 30. Enclosed is my fee of \$132; checks made payable to Ethne Girard.

Parent Signature

Date