Brazilian Jiu-Jitsu Self Defense

Instructor: Pat McGuigan, patmaggie1975@hotmail.com, 843-437-7488
Office: Silcox 105, 843-953-7291
Office Hours: half hour before+after class, and M/W 5:30pm women’s class at Maybank school

Course Description: Jiu-jitsu is a ground-fighting martial art of proven effectiveness as a method of weaponless self-defense. Brazilian jiu-jitsu was innovated to allow a smaller, weaker person to defeat a larger, stronger opponent by using techniques of leverage, momentum, and physics.

Course Goals: As a graduate of this class, you will:

• Appreciate the history and invention of this martial art (jiu-jitsu’s evolution from judo, use of the tap, founder Helio Gracie, MMA, etc.)
• Learn dozens of techniques and the proper vocabulary for describing them.
• Master defensive techniques to escape holds, chokes, tackles, and mounted positions as well as offensive techniques such as guillotine chokes, armbars, and wristlocks.
• Learn how to practice and spar in a fun safe way.
• Learn how to extend your jiu-jitsu education on your own, if desired, after the class ends.

References
Magazines: Jiu-Jitsu Magazine.
Videos: Women Empowered DVD series ($100 at GracieAcademy.com)
CofC Gender Violence Awareness and Prevention Network: gva.cofc.edu

My Teaching Philosophy: In the short term, jiu-jitsu will improve your awareness, discipline, and confidence. In the long term, jiu-jitsu is ultimately a way of life. Along the way, jiu-jitsu is good fun exercise as well. Thus, my goal is for you to have fun (and, of course, be safe) while learning this martial art. Each class will be broken into 3 parts: warm-up, new techniques, and review.

Evaluation: (20%) Attendance + Active Participation (10%) Peer grading of demonstrations
(10%) Journal (15%) Midterm
(10%) Technique Card (15%) Final
(20%) Demonstrations of Techniques
**Dress:** Appropriately modest athletic attire (e.g., yoga pants) or gi, and *no jewelry*

**Hygiene:** Jiu-jitsu is practiced in very close contact. Respect your classmates—wear clean clothes and smell good.

**Safety:** While executing techniques, you will be in close contact with your classmates. Thus, both your and your classmates’ safety is a priority. One great advantage of jiu-jitsu is that it can be practiced at full speed and strength right up until the moment of submission. The “tap” enables this. With the tap, one student signals another that the move was effective and should be stopped. Continue past the moment of the tap and someone could get injured. Because this martial art focuses on joint manipulations, it is important to learn to (1) tap quickly and (2) to respect others’ taps.

**Student Responsibilities regarding Equipment:** Jiu-jitsu contains many ground techniques and is practiced on mats. Each class the mats must be setup and used, then cleaned and returned to storage.

**Attendance:** Techniques are best learned in pairs with one person playing the attacker and the other, the defender. Thus, your attendance affects not only you, but also your classmates. Attend every class and participate actively.

**Grading Scale:** The plus/minus scale will be used (A=93 and above, A-=90-92, ...).

**Academic Honesty:** Students are required to follow the College’s Academic Honor Code.

**Disability Policy:** Notify the instructor if you require accommodations for a disability.

**Phone Policy:** Turn off all electronic devices before class or drop a letter grade for each offense.
Class Schedule

Week 1:
Overview of syllabus and class
History of GJJ/BJJ
Safety (tapping, choking, training partners, how to be a good bad guy)
Base (get-up, push, pull)
Super Slap
Wrist Releases (low: 1 on 1, 2 on 1, 2 on 2, high: 1 on 1, 2 on 1, 2 on 2, inverted hitchhiker)

Week 2:
Grips (monkey, C)
Stop-Block-Frame (distance control, block and move, block and frame)
Monkey feet to hips/kick to halt
Reflex Drills (shrimp and upkick)

Week 3:
Trap and Roll Escapes (standard, punch block, wrist pin, hair grab, choke)
Bullyproof Technique
Front Choke Defenses (standard, wall pin)

Week 4:
Standing Hair Grab Defenses
Rear Attack (rear choke, rear bear hugs)
Review

Week 5:
Guard Get-Ups (standard, superlock, punch block)
Review

Week 6:
Elbow Escape (standard, heel drag)

Week 7:
More Guard Get-Ups (heavy chest, wrist pin, choke)

Week 8:
Punch Block Series - Stages 1-4
Review

Week 9:
Armbar (standard in guard, hair pull, standing, lying)

Week 10:
Kimura (standard, weapon)
Review

Week 11:
Triangle
Review

Week 12:
Guillotine (standing, pull guard, in guard)

Week 13:
Rear Naked Choke

Week 14:
Flow Exercises (quadruple threat)
Review