PEAC 120: An Introduction to Brazilian Jiu-Jitsu for Women’s Self-Defense

Instructors: Pat McGuigan, patmaggie1975@hotmail.com, 843-437-7488
John Venable, jedgary2002@yahoo.com, 843-345-2902
Office: Silcox 105, 843-953-7291
Office Hours: half hour before and after each class and classes at Folly Road 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.
Video: YouTube Helio Gracie Documentary with subtitles (captions “on”)
CofC Gender Violence Awareness and Prevention Network: gva.cofc.edu

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, our 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, drills, and new techniques.

Evaluation:  
(20%) Attendance + Active Participation  
(20%) Being a Good Partner  
(10%) Journal  
(10%) Written Midterm  
(15%) Practical Midterm  
(10%) Written Final  
(15%) Practical Final
**Dress:** gi pants and shirt with shoulders/sleeves 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. *Your final grade will drop a letter grade for every 2 classes you miss.* No distinction is made between excused and unexcused absences.

**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.

### Vocabulary List

<table>
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<tr>
<th>mount</th>
<th>grapevine</th>
<th>superslap</th>
<th>headlock</th>
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<tbody>
<tr>
<td>side mount</td>
<td>tap</td>
<td>armbar</td>
<td>bullyproof</td>
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<td>closed guard</td>
<td>c-clamp</td>
<td>wristlock</td>
<td>breakfall</td>
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<td>open guard</td>
<td>monkey grip</td>
<td>kimura</td>
<td>punch protection-standing</td>
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<td>guard pass</td>
<td>base</td>
<td>rear naked choke</td>
<td>distance control-ground</td>
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<tr>
<td>half guard</td>
<td>base getup</td>
<td>safe clinch</td>
<td>distance control—standing</td>
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<td>take the back</td>
<td>trap and roll</td>
<td>hip toss</td>
<td>guillotine</td>
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<td>feet seatbelt</td>
<td>shrimp</td>
<td>wrist release</td>
<td>kneebar</td>
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<td>over-under seatbelt</td>
<td>scoop</td>
<td>sweep</td>
<td>triangle</td>
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<td>hooks in</td>
<td>frame</td>
<td>elbow escape</td>
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