

## CLASS DESCRIPTION

**Little Champs BJJ – PLT Program:** This class has focuses on developing and improving attitudes of respect, discipline, focus, concentration, and group work. We believe that those values can be absorbed through the constant contact with sports, specially Jiu-Jitsu. Basic elements will be introduced throughout positive and familiar atmosphere and interactive classes for the growth of self-confidence.

**Little Champs BJJ – MCT Program:** This class focuses on the improvement of skills such as balance, coordination, and psychomotor education. As a result of this learning, the achievement of physical strength and flexibility provides greater knowledge of your own self and stimulates healthy social relationships.

**Junior BJJ – Carlson Gracie Style:** In this phase, our youth students will have the opportunity to deepen their knowledge of the rules and philosophy of Jiu-Jitsu through techniques and with the goal to emphasize the control of movements on the ground.

**Juniors BJJ – Sparring:** This is a class that focuses specifically on gaining strength and ability in Jiu-Jitsu techniques. Discipline, consistency, and frequency will be stimulated in order to maintain healthy habits on and off the mat. Sportsmanship is a value that must be practiced and exercised so that you learn how to win or lose and be able to overcome.

**Self-defense Juniors:** In this class, self-defense techniques will be taught and used as an excellent alternative form of workout associated with developing the ability of defense in real life situations. Safe, courageous, and responsible children are predisposed to a positive and healthy lifestyle.

**Self-defense adults:** In this class, self-defense techniques will be taught and used as an excellent alternative form of workout associated with developing the ability of defense in real life situations.

**BJJ Fundamentals:** In this class, the first contact with Jiu-Jitsu will be taught. Essentials movements will be exercised for the preparation and construction of a solid base for the evolution of the knowledge. Consistency is the definition of this program.

**BJJ Carlson Gracie Style:** In this class, the authentic Carlson Gracie Old School BJJ style is introduced and practiced. Master Toco had the privilege to develop and learn all his techniques directly from the hands of Carlson Gracie himself, until the receiving of his black belt. Unique style, efficient with constant movement, and building opportunities to act in function of the opponent's mistake. Jiu-Jitsu of strength and technique.

**BJJ Sparring:** Training of intensity, strength, and resistance for gain of velocity on the game.

**BJJ Drills:** Repetition work, mobility, flexibility, balance, and improvement of games possibilities.

**Mix Kids Integration:** This class is made for all ages for benefits such as weight control, increased mobility, activeness, self-image improvement, social skills, and overall motivation.

**BJJ Family Training:** This is a special one day of the week class where parents have the opportunity to connect with their kids in the mat.

**Muay Thai / Kickboxing:** This class format is structured for "Interactive Contact" between class participants. Focus Mitts, Thai Pads and Leg / Body shields will be incorporated to enhance the development of techniques and their practical application.