

Brazilian Jiu-Jitsu
**AT DONNAN
SCHOOL**

THE BRAZILIAN JIU-JITSU PROGRAM IS
DESIGNED AND CO-ORDINATED BY CURT
MALIN IN ASSOCIATION WITH THE
ARASHI-DO FRANCO-BEHRING JIU-JITSU
ALLIANCE.



Professor Malin

Bachelor of Education

Having just completed his 9th year of teaching at the Elementary school level, Professor Malin has been practicing Brazilian Jiu-Jitsu for 9 years. Under the tutelage of Professor Yackulic and Master Behring, he has attained the rank of Brown Belt. Professor Malin is an extremely technical competitor relying on the fundamental Jiu-Jitsu principles of leverage and technique to overcome opponents.

**Registration Form: BJJ
Program Summer Camp**

Name of Participant: _____

Age: _____ Gender: _____

Address: _____

Postal Code: _____ Phone: _____

E-mail: _____

Parent(s) Name: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Medical Conditions: _____

Camp Code: _____

To Register:

1. E-mail Professor Malin at Curtis.malin@epsb.ca to hold your child's spot.
2. Mail the Registration form and payment to:
3245 Whitelaw Dr. NW,
Edmonton, AB T6W 0P7

The BJJ Program's Summer Camps will
be held at Donnan School
7803-87St Edmonton, AB

Make Cheques payable to: AAD

**The Brazilian Jiu-Jitsu
Program's**

**SUMMER
CAMPS**



**Self Defense Program
for Boys and Girls
Ages 8-15**

What is Brazilian Jiu-Jitsu?

Translated as the gentle art. Rather than resisting force with force, the idea is to yield to force and then use an opponent's strength against him/her, using an efficient technique in an intelligent fashion to overcome raw strength and aggression.



THE BJJ PROGRAM'S SUMMER CAMP PRIMARY GOAL:

Strengthening of the "Self"
through an intense focus
on...

- Self Discipline
- Self Esteem
- Self Awareness
- Self Defense

AND...

Having Fun!

Ages 8-12 (\$250 Per Camp)

Camp 1A (August 1-5th)
Camp 2A (August 8-12th)

8:30-10a.m. -BJJ Basics
10-10:15a.m. -Break (Snack)
10:15-11:00a.m. -Fitness
11:00-11:10a.m. -Water
11:10-12:00p.m. -Self Defense

Ages 13-15 (\$300 Per Camp)

Camp 1B (August 1-5th)
Camp 2B (August 8-12th)

12:30-2:00p.m. -BJJ Basics
2-2:15p.m. -Break (Snack)
2:15-3:15p.m. -Fitness
3:15-3:30p.m. -Water
3:30-4:30p.m. -Self Defense
4:30-5:00p.m. -Bushido Studies



Fitness Plan (For Both Age Groups)

Monday- Body Weight Training

Tuesday- Plyometrics

Wednesday- Yoga

Thursday- Agility Training

Friday- Tuff As Gutz Fitness Challenge



Tuff As Gutz Fitness Challenge:

This is a series of events run back to back on Friday to see which students are truly... "Tuff As Gutz!"

Events: 12 minute Run, Obstacle Course, Push-Ups,
40 Yard Dash, 90 Degree Bar Hang, Standing Long Jump

