



*Academic and Athletic Development*

## **Brazilian Jiu-Jitsu Handbook**

The BJJ Handbook contains:

- A. Our Mission Statement
- B. Sample Timetable
- C. 5 Frequently Asked Questions
- D. Contact Information
- E. Staff Directory

Day-to-day operation of The Brazilian Jiu-Jitsu Program is really very simple provided you have the proper materials on and off the mats. The BJJ handbook will give you everything you need to know if you've been officially accepted or if you're just looking for more information.

**Brazilian  
Jiu-Jitsu**

**Donnan School  
7803 87 st.  
Edmonton, Alberta**

**780-466-8573**

A



B

## Our Mission Statement

To train the body, the mind and spirit through the highly structured vehicle of Brazilian Jiu-Jitsu, in order to develop and strengthen the self discipline, self concept, social awareness, and physical fitness of each of our participants going beyond the “winning vs. losing” mindset of traditional sports.

## Sample Timetable

		Monday	Wednesday	Friday
Week	1	Yoga 12:55-3p.m.	Jiu-Jitsu 12:55-3 p.m.	Wall Climbing. 12:55-3p.m.
Week	2	Jiu-Jitsu 12:55-3p.m.	Bushido/Character Studies 12:55-3p.m.	Jiu-Jitsu 12:55-3p.m.
Week	3	Yoga 12:55-3p.m.	Jiu-Jitsu 12:55-3p.m.	Jiu-Jitsu 12:55-3p.m.
Week	4	<i>Wall Climbing</i>  12:55-3p.m.	Jiu-Jitsu 12:55-3p.m.	Bushido/Character Studies 12:55-3p.m.

This is a sample weekly schedule that changes each month depending on the availability of resources and the monthly Bushido Focus.

# C

## Frequently Asked Questions

# 1

**What is Brazilian Jiu-Jitsu?**

- Translated as *Gentle Art/Soft Art*, rather than resisting force with force, the idea is to yield to force and then use an opponent's strength against him or her using an efficient technique in an intelligent fashion to overcome raw strength and aggression. This is the philosophical core of Jiu-Jitsu.

# 2

**What are the benefits of my child enrolling in this program?**

- Self Defense Curriculum (World Renowned)
- Improved Self Confidence
- Improved Self Esteem
- Size and strength of the individual are irrelevant given the focus on leverage. Excellent for smaller individuals and females.
- Physical Fitness: Jiu-Jitsu training incorporates, Judo, Wrestling, Yoga, Plyometrics, and Pilates.
- Improved body awareness
- Lifelong sport participation potential, competitors range in age from 8-90.

# 3

**Will my child learn about self-discipline?**

- At Donnan Progressive Jiu-Jitsu we believe in the "student code," a list of rules we find that are of great benefit to running the program. To some it may seem rigorous since in most cases Jiu-Jitsu is practiced in an informal manner. Even so, we feel that a great part of our success is based on the code listed below.
  - A. During class, strict attention is given to the Professor at ALL times. Talking, laughing, loss of temper, profanity or a display of lack of discipline will NOT be tolerated.*
  - B. All students will bow when entering or leaving training area.*
  - C. All students must wear clean gi's and t-shirts*
  - D. No footwear, other than socks and wrestling shoes allowed on the mats.*
  - E. No students may leave the mats for any reason without asking for and receiving permission from the Professor.*
  - F. No leaning against the wall during class.*
  - G. Willingness to try new things regardless of personal feelings is required. (ex. Getting over the "I feel awkward" phase.)*
  - H. 110% effort is expected at all times.*
  - I. Abuse of knowledge outside of the Dojo is strictly forbidden*
  - J. "Patience, Persistence, and a Positive Attitude will always Produce Results," our Donnan BJJ Motto.*

# C

## Frequently Asked Questions

# 3

How does payment work?

Refunds?

- There are three payment options. You can pay through cheque, credit card and automatic withdrawals. There is a \$250.00 deposit due upon registration that counts toward your tuition costs and is required before participation in the program. Payments can then be made in full at the start of the year, monthly or quarterly (September, December and March).
- Your \$250.00 deposit is **100% non-refundable**. Most other refunds are prorated based upon the number of days in the program versus the number of instructional days. There will be no refunds after the month of March.
- There are several easy ways to talk to us! Schedules and information regarding your child's groups are made available through e-mail. **Professor Malin** will let you know where you need to be and what is happening if and when there is an off campus trip scheduled. Academic related matters are also the responsibility of Professor Malin.
- Communication is vital. The academic and athletic progression of your child is a team effort; student, parent, instructor, teacher and school. Your e-mail address will be requested at the beginning of the year.

# 4

How do I communicate with the school?

How do I know what my child is doing everyday?

# D

Campus Contact Information

Donnan Campus Director: Curt Malin

[curtis.malin@epsb.ca](mailto:curtis.malin@epsb.ca)

780-466-8573

Donnan School

7803 87 st.

# E

## Staff Directory

### EXECUTIVE DIRECTOR

Jeff Jones                      jeff.jones@epsb.ca

### CAMPUS DIRECTOR

Curt Malin                      curtis.malin@epsb.ca

### PROFESSIONAL STAFF

Heather Gillespie - Fitness Director

Melanie Checknita- yogamel@shaw.ca

Professor Mike Yackulic– Curriculum Adviser