

Does your child have *difficulty focusing*? Do they have an *excess of energy* they need to burn off? **We may have something of interest for you.**

Our **SKILLS** class will provide a safe, supervised environment where kids will learn to develop an array of personal physical skills. The class will allow your child to focus on body and movement awareness, coordination, learn useful self defense and non-violent anti-bullying practices as well as get to burn off some extra energy. The class will combine basic boxing , wrestling and grappling techniques. Children will learn to curb aggressive behaviour and focus their energy positively, and how to safely defend and deflect altercation. Children will **NOT** actually be boxing with each other but rather using mirrors for "shadow boxing".

Our principle belief is that...“The best fight fought is a fight where no punches are thrown.”

Nic Delisle (course instructor) trains in Jiu Jitsu at Boa Jiu Jitsu Club under Patrick Beaudoin, who is 11x World Champion Caio Terra’s and first Canadian black belt. Nic has been a student of “The Gentle Art” for 4 years now, and prior to that practiced Muay Thai (Thai kickboxing). He has experience working at Roslyn and with youths. He has been running various youth programs for over 3 years now.

11-week Pilot Program:

Classes 1-5

These first few classes will focus on fundamental movements and stances. Each class will begin with free shadow boxing (air boxing in front of a mirror). Emphasis will be placed on things like body awareness, movement control, foot movement, proper defensive posture, how to properly and safely absorb a fall, rolls and tumbles,

There will be a cardio component to each class (skipping, obstacle courses, interval training)

Kids will learn the basic repertoire of punches: jab, cross, hook and the basic push kick using focus mitts and pads.

Classes 6-8

These classes will follow a similar format and expand on the boxing and wrestling techniques repertoire, adding uppercut, roundhouse kick and combination punches. We will start to integrate basic jiu jitsu positions and principals like pinning and opponent, holds, etc. (how to get out from under a larger attacker, how to control a larger individual) and we will play the “Gracie Games”: a series of fun games developed by the Gracie family (founders of Brazilian Jiu Jitsu) to teach young children jiu jitsu.

Classes 9-11

Again, classes will consist of shadow boxing warm up, some kicking/punching drills on pads and we will teach one or two takedown techniques and start to integrate live grappling sparring (no strikes). Sparring is an essential part of any martial art training as it is where students get to test their skills in real simulated real life situations that are safe and supervised. It is also the aspect that most teaches the most respect and humility.