



Brazilian Jiu Jitsu Self Defense Workshop Information for Schools

Brazilian Jiu Jitsu is a martial art centered around self-defense. Students will be taught the basic skills of Brazilian Jiu Jitsu (BJJ) as well as some specialised techniques, that will allow them to predict, control, immobilise and escape their opponents safely. Students will also be given the opportunity to develop their agility, resilience and confidence throughout the workshops. The Control BJJ Academy can accommodate and tailor programs for student needs upon request. Other programs that our academy provide include 'Empowering Girls', 'Street Safe' and 'Bully-Proof'. Our staff are friendly and highly skilled instructors who are overseen by BJJ Professor Walid Soliman, a professionally trained elite athlete with over 20 years of experience. All instructors have a working with children check and are well equipped to teach students of all ages. Workshops can be as short as 90 minutes, termly or year-long programs to meet your curriculum needs. Our instructors can come to your school, however, to benefit from the full experience, we highly recommend and welcome students to attend workshops at our Control Jiu Jitsu Academy; located in Hoppers Crossing and equipped with floating floors.

Some of the fundamental skills of BJJ taught in this workshop include the following:

- Personal space and distance management of opponents
- How to safely transition from floor to standing position in the presence of an opponent
- Correct grip and breaking-grip techniques
- Bridge and shrimping exercises (Escaping an opponent when on the ground)
- Take-downs of opponents with weapons (Rubber props are provide)
- Forward and backward rolls
- How to be street safe
- Other self-defense techniques

Victorian Curriculum Links

The workshop has been determined to be linked to the following Victorian curriculum.

Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (VCHPEM156)

Exploring their importance as a social and cultural practice through participation in a range of physical activities from the Asia region, such as yoga, tai chi, martial arts and Asia-inspired dance and performance art (RE, GS, LLPA)

Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)

Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations (VCHPEM153)

Develop, implement and evaluate movement concepts and strategies for successful outcomes (VCHPEM154)

Transfer understanding from previous movement experiences to create solutions to movement challenges (VCHPEM159)

Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158)

Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)

Critique behaviors and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)

Contact Us

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