

San José State University
Kinesiology
Spring 2022, KIN 58A, Introductory Brazilian Jiu-Jitsu Sec. 1 & 2

Contact Information

Instructor:	Alberto Juarez
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Office Hours:	By Appointment
Class Meetings & location	YUH 208 Mondays & Wednesdays Section 1 2:30pm-3:20pm Section 2 1:30pm-2:20pm

Course Description

Development of essential skills and principles on Brazilian Jiu-Jitsu practice. Included are the basic escapes, sweeps, and submissions from the most common positions.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, technique, and strategies related to Brazilian Jiu-Jitsu.
- Proficiency in execution of the Brazilian Jiu-Jitsu skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Brazilian Jiu-Jitsu.
- An understanding of the mental and physical health benefits to be derived from Brazilian Jiu-Jitsu.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

Optional Text: Jiu-Jitsu University, by Saulo Ribero and Kevin Howell. ISBN 13: 978-0-9815044-3-8

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any physical limitations.

Activity-Specific Notes

- **Personal contact:** Training Brazilian Jiu-Jitsu requires close, personal contact with training partners. Accommodations may be made in the event that a student is uncomfortable training with a classmate of the opposite sex, but this accommodation cannot be guaranteed. Students must maintain maturity and respect at all times, regardless of with whom they are training.
- **Risk of injury:** There always the possibility of accidental injury or illness when participating in activities that involve personal contact. Students are obligated to use good judgment and strictly follow the safety and etiquette guidelines to minimize risk to themselves and their training partners.
- **Good hygiene** is absolutely essential to minimize the risk injury, illness, and infection. All students are required to shower immediately (within a few hours) before class and to

keep nails trimmed. You will be asked to forgo participation if this requirement is neglected.

- **Responsible use of BJJ skills:** Students are obligated to refrain from using BJJ to bully, attack, or harm anybody. The use of BJJ for the self-defense is acceptable. Course Requirements, Assignments, and Grading
- Properly warming up is important for reducing the risk of injury and will take place at the start of each class. Therefore, punctuality is necessary.
- Students may bring their own gis to be approved by instructor, but department gi's are available. It is each student's responsibility to take care of the equipment you are assigned and return them when the class is over. Personally owned gi's must be laundered between each class period.

Course Requirements, Assignments, and Grading

Grading Plan

30% Weekly Training Journal
10% Online Discussion Boards
30% Mid-Term Skill Test
30% Final Skill Test

Explanations

- **Weekly training log:** Students will submit detailed notes each week on new techniques and sparring notes. A template will be provided upon request. Journal entries should be submitted electronically, but hand-written or typed notes are acceptable.
- **Discussion Board:** You must post at least three times to each online discussion board unless otherwise indicated in the assignment description. One post should be your response to the topic/question in the discussion board. The other two posts should be thoughtful responses to another student's posts.
- **Mid-Term and Final Skill Tests:** The examinee's ability to execute techniques will be assessed with technique demonstrations.

Grading Scale used to determine letter grade for each component above.

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B

Percentage	Equivalent Grade
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

SJSU Technical Support:

Email: itservicedesk@sjsu.edu
 Phone: (408) 924-1530^{SEP}
 Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Syllabus & Introduction
2	Solo Movements & Drills
3	Self Defense & Getting to the Ground Safely/Effectively
4	Pins, Pin Escapes, & Submissions

Week	Course Content (Assignments, Exams/Quizzes, ...)
5	Pins, Pin Escapes, & Submissions
6	Pins, Pin Escapes, & Submissions
7	Pins, Pin Escapes, & Submissions
8	Midterm Skills Test
9	Guard Principles & Techniques
10	Guard Principles & Techniques
11	Guard Principles & Techniques
12	Passing Guard Principles & Techniques
13	Passing Guard Principles & Techniques
14	Passing Guard Principles & Techniques
15	Open Mat Structure
16	Final Skills Test