



NEWSLETTER JULY/AUGUST 2010

RELSON GRACIE WILL TEACH AT TEAM CHITWOOD IN AUGUST

Master Relson Gracie will be in town the fourth week of August. As of the printing of this newsletter we do not have confirmed dates and times, however we will be posting them within a week. Tentatively, the Lewis Center seminar will be on Friday the 27th from 6-8pm and in Lexington on Saturday from 10a-12pm. We have not had Professor Gracie here since January and we are very excited to have him in to teach. It is very important that we have a strong show of support for Relson. He will be available to take pictures and to sign autographs. As per the Teen/Adult manual, all Gracie Jiu-jitsu teen and adult students will need to attend one of the seminars as part of the learning and promotion process. The cost of the seminar is \$65 and cash payments are preferred please. Registration and pre-payments can be done at the front desk.

NEW CLASSES & NEW SCHEDULE BEGINNING AUGUST 2nd

Team Chitwood will be implementing a new schedule that includes the reduction of some classes, classes moving days and times, and the addition of new classes. Please note the goal of the any change that we make is always to improve the overall education of our student base. You may pick up a new schedule at the front desk if you wish, but here are the highlights for Lexington:

Little Dragons (3-5yo) – No change

Kid-jitsu All Ranks (6-12yo) – NO Wednesday classes. Students on Basic Track will still have 4 days per week to choose from to attend their six minimum, eight maximum per month.

Black Belt Club (6-12yo) – moves from Saturday at 10am to the new day and time of Wednesday at 6:00pm.

*****NEW*** Teen Gracie Jiu-jitsu Class (11-15)** – One hour, Wednesday at 5p and Saturday at 10:00am

*****NEW*** Gracie Jiu-jitsu Basic Cycle (16+)** – One hour, Tues. & Thurs. 7-8pm, Thurs. 10-11am

*****NEW*** Gracie Jiu-jitsu Advanced Class (16+)** – One hour, Saturday 11-12pm

*****NEW*** Drill Class (16+)** – One hour, Saturdays 12-1p

*****NEW*** Combat Jujitsu Advanced** – 45 minutes addition to Combat class, Mon. & Wed. 8-8:45pm

Here are the change highlights for our Lewis Center Academy:

Combat Jujitsu – One Hour Class, Thursday. 10-11am & 7-8pm

*****NEW*** Gracie Jiu-jitsu Basic Cycle (16+)** – One hour, Mon. & Wed. 7-8pm, Mon. 10-11am

NEW TEEN GRACIE JIU-JITSU CLASS

Teenagers will now have their very own class! This class will combine the discipline and organization of the Kid-jitsu classes but will also include fun jiu-jitsu based games that do not occur in the adult classes. Current and new students ages 13-15 will now attend this class instead of the Gracie Jiu-jitsu classes with the adults. Those pre-teen Kid-jitsu students ages 11 & 12 who wish to learn submission skills and earn separate rank in Gracie Jiu-jitsu may attend this class also! All students are required to have and purchase a grappling uniform, a Brazilian white belt, and the required patches. All purchases must be made at our pro shop if you have not already done so. See the Teen/Adult manual to be sure you are in compliance. The First Teen Class is Wednesday, August 3rd! See you there and bring your buddies!

NEW GRACIE JIU-JITSU BASIC CYCLE (16+) “ENTERING THE CYCLE”

Typically earning rank in Brazilian Jiu-jitsu can be very subjective based on technical ability, practical application, and personal character & loyalty to the system and school. In most cases, this can be frustrating to a beginner student to be involved in an art where promotions are not standardized. It is our goal to aid you in every basic step so that you get a firm grasp of Gracie Jiu-jitsu, therefore, we have designed a method that will streamline and guarantee new students with both success and rank in Jiu-jitsu. New students will Enter the Basic Cycle.

The Cycle is twenty lessons that contain some of the most important basics from the standard positions of jiu-jitsu. It is the solid foundation that we want our Team Chitwood students to build their future skill set upon.

Here is how the Cycle works: There are twenty lessons. Each lesson is taught several times in a week and then will recycle and be taught again twenty weeks later. The following week begins the next lesson in the sequence. It does not matter when a student enters the cycle, it only matters that the student is consistent with attendance in order to complete the cycles on time. When students complete each lesson twice, they will earn their first degree on their white belt, completing the First Cycle. When a student completes each lesson four times they will earn their 2nd degree completing the Second Cycle. Finally, when a student completes each lesson six times they will earn their 3rd degree on their white belt completing the Third Cycle. If you miss a lesson or if you want to accelerate your learning you may schedule a private lesson.

Once a student earns his/her 3rd degree, he/she is eligible for the Gracie Jiu-jitsu Extended Class times for more advanced learning and open grappling.

All lesson progress will be tracked using a Cycle Card. Students will need to present their card at each lesson to be signed off by an instructor for the lesson.

NEW GRACIE JIU-JITSU ADVANCED CLASS

This class is reserved for our Gracie Jiu-jitsu Blue Belts and higher ranks to work on the advanced basics of jiu-jitsu. Eventually this class will be Purple Belts and above. The Advanced Class will meet Saturdays 11:00am to 12:00pm. The first class will be August 7th, 2010. Time for our upper ranks to march towards Black Belt!

NEW DRILL CLASS

From 12:00pm to 1:00pm on Saturdays will be the new Drill Class. This class will be for those jiu-jitsu students who are 16 years or older who have completed one cycle and have been promoted to 1st degree white belt in Gracie Jiu-jitsu. We will be drilling everything from basics in the Cycle to advanced sweeps, submissions, takedowns and throws.

IMPROVEMENTS IN OUR COMBAT JIJITSU PROGRAM

Starting in August the Combat Classes will be one hour in length for new students and those students who are Yellow Belts. The Advanced Combat Class will be 45 minutes in length and will include Combat Blue, Green, Brown, and Black Belts. This class will involve many advanced complex drills and advanced self defense skills to prepare the combat student for the black belt levels.

WOMEN'S SELF DEFENSE & EMPOWERMENT SEMINAR

A woman is violently beaten in this country every 4-6 seconds and battery is one of the leading causes of injury to women in the United States. In fact, battery is responsible for more injuries to women than vehicle crashes, sports, or falling down steps. Can you believe that one out of every three women will be a victim of rape in our country? Think it can't happen to you or a loved one? Statistics show that there is no truly typical victim of rape. Size, shape, weight, race, and looks generally have little to nothing to do with the woman being chosen as a victim. Your social-economic status cannot protect you either. Rapists tend to assault victims of their own community. Keep in mind that your community, no matter how nice or diverse, is full of predators. Team Chitwood has taught WSD&E seminars for 17 years commercially and since 2001 for the Ohio Attorney General's Office. Our seminars are fun, empowering, and dynamic! Our next seminar will be in Lewis Center on Sunday August 22nd, 2010 from 1:30p to 5:30p. The online pre-registration price for the seminar is \$69 per person. For mother/daughter combinations, the cost is \$100 for two, \$129 for three. At the door price is \$99 per person. Online registration will begin August 1st and end August 15th, 2010. Those who register for the seminar by the 15th will get a free WSD T-shirt. This seminar is open to the public. Please inform your neighborhood friends, co-workers, and fellow church goers about this opportunity. Participants should wear workout clothing, bring a towel, and be prepared to have a great time!