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## KID-JITSU SELF DEFENSE PROGRAM

White/Yellow – White/Orange

- 1. When is it O.K to use your jiu-jitsu against someone?** *Sir/Ma'am, I will use my jiu-jitsu to protect myself when they are hurting me and can not get away.*
- 2. When do you disengage from a bully?** *Sir/Ma'am, I disengage when I have enough space or have enough control that I can get away safely.*
- 3. After defending yourself against a bully, what do you do?** *Sir/Ma'am, I will find someone in charge and tell them what happened.*
- 4. Should you be afraid to protect yourself against a bully?** *Sir/Ma'am, I am not afraid. I am confident and tough. I will protect myself because I am allowed to and it is the right thing to do.*

1. TIE YOUR BELT - USE THE TEAM CHITWOOD METHOD
2. FRONT TACKLE DEFENSE - SPRAWL
3. FRONT TACKLE DEFENSE - BACKPACK AND SECURE, COBRA GRIP DISENGAGE.