

>>> NEWSLETTER

BRAZIL-021 WINNIPEG SCHOOL OF JIU-JITSU

MAY 2024



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ATHLETES OF THE MONTH



TECHNICAL SUMMARY

The Little Tatankas have been practicing various Judo throws including *ouchi gari*, *kouchi gari* and *kosoto gake* to add to their first throw they learned, *osoto gari* and working on sweeps and chokes from closed guard!

The Kid Confident Kids have been working on their Judo combinations as listed above including drop to knees *seoi nage*.

They practiced passing closed guard and performing various sweeps and submissions from closed guard including scissor sweep, hip bump sweep, chokes and armbars.

The Teen / Adult Fundamentals class worked on the Judo combinations described above as well as *hiza guruma*. They practiced north south escapes, closed guard attacks and sweeps, open guard grips and sweeps and half-guard positioning.

The Advanced BJJ class has been working on outside hook guard, ball and chain sweep, shin to shin guard and single leg X-guard to *ashi garami* and various leg lock positions.

MAY CURRICULUM

Omoplata Month!

This month the teen/adults will be learning how to set up and escape from omoplatas starting with closed guard.

We will go over some omoplata, triangle, armbar combinations. Then we will progress into finding omoplatas from open guard, using collar sleeve grips from outside hook guard, and from spider/lasso guard,

We will keep adding Judo techniques to our game plan including working on various types of hip throws such as *seoi nage*, *o goshi*, *koshi guruma* and *harai goshi*. The advanced class will focus on nogi deep half guard and learn the basic sweeps including the waiter sweep, deep-half guard passes, and entries into leg locks from deep half guard.

ANNOUNCEMENTS

SUMMER SCHEDULE!

STARTS WEDS MAY 15

TEEN/ADULT BJJ GI CLASS- ALL LEVELS

• WEDNESDAYS 7:30-8:45 PM

TEEN/ADULT FUNDAMENTALS BJJ GI CLASS- BEGINNER LEVEL

• SATURDAYS 1:15-2:30 PM

ADULT INTERMEDIATE BJJ GI CLASS- INTERMEDIATE LEVEL

• SATURDAYS 2:30-3:45 PM

ADULT ADVANCED BJJ GI AND/OR NOGI (NOGI PRIMARILY FOR SUMMER)

• SUNDAYS 7:00-8:30 PM

KIDS CLASSES

LITTLE TATANKAS BJJ CLASS- AGES 4-7 YEARS

• WEDNESDAYS 6:30-7:30 PM

KID CONFIDENT BJJ CLASS- AGES 8-12 YEARS

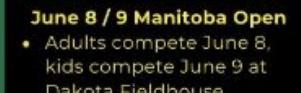
• WEDNESDAYS 6:30-7:30 PM

(KIDS AGE GROUPS COMBINED FOR SUMMER)

OPEN MATS / TOURNAMENTS

In-house Kids Competition / Pizza Party

- 28 Kids competed in April for the first time against kids from Kenora's Mecca team!
- All kids fought their hearts out and earned medals



June 8 / 9 Manitoba Open

- Adults compete June 8, kids compete June 9 at Dakota Fieldhouse.
- Registration link will be emailed to students
- Gi and/or Nogi divisions

Open Mat

Every second Friday at 7:30 pm. We spar 10 rounds! Don't Miss It!

- MAY 24, JUNE 7, 21, JULY 5, 19, AUG 2, 16, 30



ATHLETES OF THE MONTH



ISABELLE ROCKE



LITTLE TATANKAS

The Little Tatankas Athlete of the Month award goes to **Isabelle Rocke** who shows up ready to fight anyone in any class. She won gold in the Friendly Kids Comp and has been working on her chokes, sweeps and takedowns. Future black belt world champ in the making! Congrats Isabelle!



LUCAS KALYN

KID CONFIDENT

The Kid Confident Athlete of the Month award goes to **Lucas Kalyn** who gave it his all at the Fargo Submission Classic and had been a leader in the Kid Confident class and an incredible helpful Junior Coach. He shows up focused and is eager to learn new techniques. Lucas is a great training partner always taking time to help new students learn techniques. Congrats Lucas we are so proud of you!



WARREN KALYN

ADVANCED BJJ

The Advanced BJJ Athlete of the Month award goes to **Jason McNamara** aka Big Mac. He has been doing an excellent job working teaching new students the important basic techniques, helping more advanced students build and refine their game and adding new techniques to help grow his own jiu-jitsu. He is a self-defense specialist who has put in many training hours with our RCMP officer student that has helped her handle situations on the job! Big Mac will be running a teen/adult beginner fundamentals class and an adult intermediate class Saturdays throughout the summer.

JASON MCNAMARA AKA BIG MAC



FUNDAMENTALS BJJ

The Fundamentals BJJ Athlete of the Month award goes to **Warren Kalyn** who trained and prepared to compete at the Fargo Submission Classic and gave it everything he had in Gi and Nogi against some tough competition. He came out with a ton of experience, that is incredibly valuable for him and our team! We are so proud of you Warren! He shows up every class ready to tackle new challenges, has developed a well rounded game plan and is always looking for the next challenge! Keep up the great work!!!

