

>>> NEWSLETTER

BRAZIL-021 WINNIPEG SCHOOL OF JIU-JITSU

MARCH 2024



ATHLETES OF THE MONTH
BELT GRADING
JUNIOR COACHES
OPEN MATS / TOURNAMENTS
TECHNICAL SUMMARY



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The **Little Tatankas** have been practicing open guard, broom sweeps to mount followed by arm bars and americana submissions! The **Kid Confident Kids** have been working from technical mount and knee on belly to secure some of their favorite submissions! The **Teen / Adult Fundamentals** class learned back control, escapes and chokes from the back!

The **Advanced BJJ** class has been working from the T-kimura position to secure submissions!

BELT GRADING

Congratulations to our 51 students who earned their belt promotions including:

- 7 Little Tatankas
- 17 Kid Confident Kids
- 27 Adults

Your effort is amazing! Keep up the teamwork, focus and hard work!

Make-up grading is:
Wednesday March 20

JUNIOR COACHES

Congratulations to our Junior Coaches Sophie, Lucas, Sylar, Atticus, Nathan, and Jett who completed 14 teaching assignments to earn their certificate and become the first set of Junior Coach graduates at Brazil-021 Winnipeg School of Jiu-jitsu.

They have been instrumental in helping with the Little Tatankas class and great role models for new students in the Kid confident class!

OPEN MATS / TOURNAMENTS

- April 6 12:30 In-house Kids Competition / Pizza Party
- April 13 Steinbach Sub Only Tournament
- April 20 Fargo Challenge Cup
- June 8 / 9 Manitoba Open

Open mat at Dojo Physical Arts Fri. March 15 & 29 7:30 pm. We spar 10 rounds! Don't Miss It!



ATHLETES OF THE MONTH



JAXON



LITTLE TATANKAS

The **Little Tatankas** Athlete of the Month award goes to **Jaxon Friesen** who pays close attention in class, so he can learn all the details about how to perform the techniques. He is a great team mate and brings out the best in his training partners when sparring with them!



HARRY AND FRANCESCA

KID CONFIDENT

The **Kid Confident** Athlete of the Month award goes to **Harry Glenn-Grehan** who tries his hardest every class, asks Professor extra details about techniques, pushes his training partners to the limits and works hard to improve his jiu-jitsu!



LEO AND ALEX

FUNDAMENTALS BJJ

The **Fundamentals BJJ** Athlete of the Month award goes to **Alex Gotfrid** who has applied himself to advancing his technical knowledge of BJJ in a short period of time. He asks specific questions about positions so that he can understand all the details required to execute the moves and he applies what he learns in sparring.



CHRISTINA, RICH AND CAL

ADVANCED BJJ

The **Advanced BJJ** Athlete of the Month award goes to **Rich Roberts** who is a purple belt instructor that motivates his team members by sharing his enthusiasm and passion for BJJ! He consistently shows up ready to work hard and helps students develop their technique. He is always adding new submissions to his game and has developed well rounded technical knowledge.