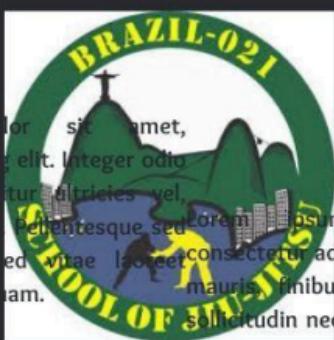


# BRAZIL-021 WINNIPEG FEBRUARY UPDATE

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



# ATHLETES OF THE MONTH



**Little Tatankas:** Saif Siddiqui for giving his best every class to get better at jiu-jitsu and having good knowledge of self-defense.



**Kid Confident:** Braxsen Starrk for never giving up and always trying to learn more each class.

**Adult Fundamentals:** Warren Kalyn for consistently training and applying what he's learned, for helping teach the kids classes, and for introducing his entire family to jiu-jitsu.

**Teen Fundamentals:** Eloise Glenn-Grehan for her approach to learning challenging jiu-jitsu techniques and for applying what she learns in class to consistently get better at jiu-jitsu.

**Advanced:** Byron Rocke for consistently training and always giving 100% on the mats always trying to improve his game and inspiring his kids to train jiu-jitsu.

## BELT GRADING

February 17, 2024 will be a formal belt grading during regular classes. 12:30-1:10 Little Tatantas will demonstrate the jiu-jitsu skills they have been working on for the past several months!

1:15-2:15 Kid Confident Kids will be showcasing their jiu-jitsu techniques and receiving their belt promotions!

2:30-3:45 Teen/Adult Students will participate in a belt grading and we will celebrate all our hard work and achievements!

Grading fee is \$25 payable in cash or by e-transfer to [brazil021wpg@gmail.com](mailto:brazil021wpg@gmail.com). If you can't make it Feb.17 then please let Christina know asap.



## OPEN MAT

We will host an open mat the first Friday of every month at 7:00pm where students of all ages and belt levels can come to Dojo Physical Arts from different schools and roll with us! Guests must sign the waiver before rolling!

## TOURNAMENTS

- June 8/9 Manitoba Open

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## TECHNICAL SUMMARY

For the month of January the Little Tatankas have been working on standing grips and takedowns and now have more tactics to get the fight to the ground! Watch out because their armbars from the mount are dangerous! They've reviewed some stand-up self-defense and would definitely have the upper edge against a bully, and be able to stand up for themselves.

The Kid Confident kids have developed some great choking skills from the closed guard and can now sweep an opponent from the bottom into mount and finish the choke from the top. They learned how to escape side control which will make their sparring matches even more exciting to watch!

The Teen/Adult Fundamentals class has been working from butterfly guard and learning sweeps and the cross-arm drag to the back.

We've conquered side control escapes and learned how to attack from the closed guard.

The Advanced class has been covering leg attacks off single leg (SLX) guard and countering leg defenses. We've been working on transitions from SLX to X-guard and the many sweeps and submissions from that position.

## BRAZIL-021 WINNIPEG STORE



contact Christina for sizes and prices  
431-997-5514 / [brazil021wpg@gmail.com](mailto:brazil021wpg@gmail.com)