

STUDIUM WYCHOWANIA FIZYCZNEGO I SPORTU

SUBJECT CARD

Name of subject in Polish: BRAZYLIJSKIE JIU JITSU DLA POCZĄTKUJĄCYCH
Name of subject in English: BRAZILIAN JIU JITSU FOR BEGINNERS
Profile: academic, practical
Level and form of studies: 1st level, full-time
Kind of subject: optional, university-wide
Subject code: SWF000-S02040
Group of courses: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER COMPETENCES

1. Absence of medical contradictions to take active part in the course.
2. Training suit without any hard elements (e.g. buttons, zips, etc) flip-flops are required.

SUBJECT OBJECTIVES

- C1: Familiarizing students with basic rules and techniques in Brazilian Jiu Jitsu.
 C2: Motor skills improvement achieved through general development exercises, movement games and sport fighting.
 C3: Increasing the capacity of circulatory and respiratory system.
 C4: Familiarizing students with Fair-play rules and instilling the willingness to participate in sport competition.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

- PEU_W01: Student knows the safety rules of Brazilian Jiu Jitsu training and knows how to prepare him/herself for the classes.
 PEU_W02: Student knows basic rules, as well as technical and tactical elements of Brazilian Jiu Jitsu fights.

Relating to skills:

- PEU_U01: He/She can use basic technical elements (throws, holds, joint locks, strangles).
 PEU_U02: Can practise and compete with others course participants following Fair-play rules.

Relating to social competences:

- PEU_K01: Student actively participates in the classes.
 PEU_K02: He/She cooperates within the group, offers other participants support in striving for sport perfection.

PROGRAMME CONTENT

Classes		Number of hours
Cl. 1	Organization of classes. Basic safety and hygiene rules, syllabus, the requirements for passing a course. Exercises to get accustomed to the mat and learning how to back roll.	2
Cl. 2	Perfecting back roll and learning forward roll. Learning double leg takedown. Familiarizing with sport fighting rules.	2
Cl. 3	Perfecting back and forward roll and double leg takedown. Learning closed guard, half-guard and side position, learning elbow lever (kimura). Training fights with trained starting positions.	2

Cl. 4	Perfecting known rolls (back and forward) and techniques. Rolling from closed guard to triangle choke and dominant seating position. Training ground fightings.	2
Cl. 5	Perfecting known rolls (back and forward) and techniques. Familiarizing with turtle position and brabo choke. Practise ground fightings	2
Cl. 6	Perfecting known rolls (back and forward) and techniques from previous lessons, defending against leg takedown with brabo choke. Task fightings: defending against leg takedown, ground fighting after takedown.	2
Cl. 7	Perfecting known rolls (back and forward) and techniques from previous lessons, learning balacha (armbar) and takedowns – over-the-hip, ground fights.	2
Cl. 8	Perfecting known rolls (back and forward) and techniques from previous lessons, learning transition from guard and dominant seating position to armbar (balacha), balacha after over-the-hip.	2
Cl. 9	Perfecting known rolls and techniques from previous lessons, balacha from the back of the oponent. Balacha complementation by elbow and shoulder bar. Training fights.	2
Cl. 10	Perfecting known rolls (back and forward) and techniques from previous lessons, Learning back choke (Rear Naked Choke), moving behind opponent's back from defending position and after failed takedown attempt, training fights.	2
Cl. 11	Perfecting known rolls (back and forward) and techniques from previous lessons,, choke learning - leg's triangle from guard position, high and ground position training fights	2
Cl. 12	Perfecting known rolls and techniques from previous lessons, choke learning - leg's triangle from turtle and laying position, training fights.	2
Cl. 13	Perfecting known rolls and techniques from previous lessons, situational techniques discussion – wristlock and straight ancle lock, rolling from defending position to side position, training fights.	2
Cl. 14	Perfecting known rolls and techniques from previous lessons, ground fights tournament, learning defence against over-the-hip – wrestling suplex.	2
Cl. 15	Revision of the course. Summarizing the classes, assessment of group's progress, final grading.	2
	Total hours	30

TEACHING TOOLS USED

N1. Learning and practicing the techniques in strict forms.
N2. Demonstration by the supervisor (or a student)
N3. Training fights.

EVALUATION OF SUBJECT LEARNING OUTCOMES ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Learning outcomes code	Way of evaluating learning outcomes achievement
F1	PEU_W01,W02	Oral answers, demonstration.
F2	PEU U01, U02, K01, K02	Attendance and demonstration
P: Attendance , participation and attitude and average of F1 and F2		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

[1] Saulo R.: *Brazylijskie Jiu-Jitsu. Od białego do czarnego pasa*, Wydawnictwo Galaktyka, 2021
[2] Paiva A.: *Brazilian Jiu-Jitsu*, Wydawnictwo Periplus Edition, 2012

SECONDARY LITERATURE:

[1] Jobda A.: *Przygotowanie motoryczne w sportach walki - kompendium wiedzy*, 2023

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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