



A.J.J.C Adult Self-Defense

A.J.J.C adults Jiu Jitsu program is for students ages 16 and up. Our adult program emphasizes training the mind, body, and spirit, while learning realistic self defense. Martial Arts are a fun, and fulfilling workout for adults.

Our workouts are a great way to get in shape.

Jiu-Jitsu is like an exercise program with a bonus! You will learn to defend yourself while you get in shape. Each and every class is designed to improve your strength, flexibility, and endurance.

Great way to relieve stress.

Martial arts classes are well known for their stress relieving benefits. The emphasis of mind-body training goes far beyond the benefits of standard, health club type exercise programs.

Our training program will give you more confidence.

The confidence building of our program is what students appreciate the most. Nothing can take the place of the security in knowing that you can defend yourself, if you have to.

What we teach at A.J.J.C can save your life.

At our school, everything we teach is reality based. Our instructors work hard to insure that most any situation is covered in the classroom under safe learning conditions, so you will be prepared in the street.

We strive to provide a fun and safe environment.

The reason our program is so successful is because we make each class fun and exciting. We have learned that if students are having fun they learn much more efficiently.

Topic Of The Day

A.J.J Free Fighting Self Defense:

Teaches to deal with the Street attacker both trained or untrained this topic consisted of Blocking and Striking this is your foundation in the art it will teach you how to develop speed, focus, targeting and confidence. The classes involve striking combinations. We also incorporate the use of Focus pads so our students can learn proper striking. A.J.J Free Fighting Self Defense also includes throwing techniques, focus on fulcrum throws, non-fulcrum throws.

A.J.J Stand up Self Defense:

Teaches to deal with the Self Defense situations from grabs, weapons & law Enforcement Tactics. This topic consists of Locks, Holds & Pinning emphasizes the use of arm bars and chokes to control attacker. Locks and holds allow the student to vary the level to response to a situation. These can be used to control and pin, or damage. Pinning will teach you about in-fighting aspect of self-defense. This includes wrist pins, which utilize superior anatomic knowledge to apply pain to the attacker's wrist(s) to control, subdue, or even finish an adverse situation. This topic will also cover how to deal with Weapon attacks Guns, knife, and sticks. (Most commonly used street weapon)

Submission Grappling:

Teaches to deal Self-defense from all Ground situations this topic is to learn ground fighting techniques they are taught from a scenario base situation. This class emphasizes proper form while ground fighting and the self defense reality aspect of grappling, as it would be used in a real life situation. There are sport grappling classes (for competition) run at the dojo at a different times

American Jiu Jitsu emphasizing the most successful movements from Brazilian Jiu Jitsu, Judo, Japanese Jiu jitsu and Wrestling. .

- 1. Control the distance or clinching.**
- 2. Take the fight to the ground.**
- 3. Advance your position.**
- 4. Finish with a submission.**

Because you can safely train and compete at full power, students develop a strong sense of confidence in their technique. When caught in a submission hold in training or in competition, a competitor will tap out to declare submission, and his opponent will release the hold.

Submissions allow the practitioner to decide the appropriate amount of force necessary in a fight. A submission can merely cause pain, or dislocate a joint and cause the body to shut down.

Many martial artists from striking styles such as Karate and Tae Kwon train with us to become well rounded. Knowing how to fight on the ground gives them the confidence to throw strikes with full power without fearing getting tackled to the ground