

# HHPA 173 : BRAZILIAN JUJITSU

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## Transcript title

Brazilian Jujitsu

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Modified version of traditional Japanese Jujitsu and martial art sport that focuses on gaining a dominant position over an opponent. Students will learn proper techniques, using leverage, sparring and self-defense drills to gain self-confidence.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of Brazilian Jujitsu to develop overall physical fitness and enhance sport activities.
3. Improve cardiovascular fitness, muscular endurance, and flexibility.
4. Recite Jujitsu rules and demonstrate proper dojo etiquette.
5. Explain Jiu-Jitsu's history in America.
6. Demonstrate basic Brazilian Jujitsu positions, maneuvers and counter-maneuvers such as: mount, back mount, side control, guard, half guard, escapes, reversals, sweeps and submissions.
7. Explain Jujitsu competition rules such as: points, penalties, legal submissions and weight categories.
8. Apply self-defense techniques in a variety of situations.

## Content outline

Introduction Jiu-Jitsu Escapes skills Sweeps and reversals skills Guard and guard pass skills Submissions and submission defenses skills Safe sparring techniques and strategies

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health