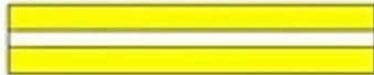


Bushido Combat Academy

JSD - Junior Self Defence Programme - (8 - 13yrs)



Our Junior self defence programme curriculum consist of 30 lessons with each lesson being 1 class. These classes each containing one complete self-defence technique with anything up to 3 variations depending on distance, timing and resistance of the attacker.



These 30 classes (over 100 techniques) are trained in rotation with every class dedicated to one technique.



The rotation of teaching method is preferred to the traditional method of teaching a small set of moves per belt that get left behind and forgotten once a student moves on.



This rotation method allows constant (disguised) repetition and we feel provides a much better understanding of not only the technical flow but builds better retention for natural reactions.



The JSD - junior sections are divided into three levels,

1. foundation level (yellow) progresses through 4 belts with each student required to complete a minimum of 30 classes before being assessed for each belt level.



Black progression tags will be awarded after completion of each 10 classes to indicate progression.



2. Intermediate JSD level (orange)) rotates through the same curriculum with assessment made at every 45 classes. And our final section of



3. Advanced JSD (green) where each assessment is made on the minimum completion of 60 classes.



Once all these belts and levels are achieved the student will move onto the advanced junior syllabus, (AJD) that follows. This advanced junior syllabus is a transition into the adult techniques/curriculum and is in place of the adult white to blue belt foundation course.



Although we have a very strong technical structure, our main aim is to teach principles of movement, and body dynamics that make these techniques affective, as by learning the principles we reinforce a knowledge that will become a natural reaction. We install this way of teaching at a very young age because we feel, the longer our juniors are exposed to this style of teaching the greater the benefit is to them.



After all our juniors are not being taught to be adult Martial Artists, our juniors are being taught to be junior Martial Artists who are able to deal with current issues and situations in their current life, i.e. peers and bullying. These are techniques that will be useful now and not just a buildup to later.



www.bushidocombatuk.com

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