

STUDENT: _____



Central Oahu Jiu-Jitsu Academy

Jr. Combatives
At-Home Training Tracker

STUDENT IS NOT TO MARK THIS CARD (PARENT ONLY)

TRAP & ROLL ESCAPE	1	2	3
AMERICANA ARMLOCK	1	2	3
POSITIONAL CONTROL MOUNT	1	2	3
TAKE THE BACK MOUNT	1	2	3
LEGHOOK TAKEDOWN	1	2	3
CLINCH AGGRESSIVE OPPONENT	1	2	3
PUNCH BLOCK SERIES STAGES 1-4	1	2	3
STRAIGHT ARMLOCK MOUNT	1	2	3
ELEVATOR SWEEP	1	2	3
ELBOW ESCAPE MOUNT	1	2	3
POSITIONAL CONTROL SIDE MOUNT	1	2	3

BODY FOLD TAKEDOWN	1	2	3
CLINCH CONSERVATIVE OPPONENT	1	2	3
HEADLOCK COUNTERS	1	2	3
DOUBLE LEG TAKEDOWN	1	2	3
HEADLOCK ESCAPE 1	1	2	3
STRAIGHT ARMLOCK GUARD	1	2	3
DOUBLE ANKLE SWEEP	1	2	3
PULL GUARD	1	2	3
HEADLOCK ESCAPE 2	1	2	3
SHRIMP ESCAPE	1	2	3
KIMURA ARMLOCK	1	2	3

STANDING HEADLOCK DEFENSE	1	2	3
PUNCH BLOCK SERIES STAGE 5	1	2	3
HOOK SWEEP	1	2	3
REAR TAKEDOWN	1	2	3
HAYMAKER PUNCH DEFENSE	1	2	3
TAKE THE BACK GUARD	1	2	3
GUILLOTINE DEFENSE	1	2	3
ELBOW ESCAPE SIDE MOUNT	1	2	3
STANDING ARMLOCK	1	2	3
TWISTING ARM CONTROL	1	2	3
DOUBLE UNDERHOOK GUARD PASS	1	2	3

Training Start Date

Bully Battles

MANNERS
(SEPTEMBER & OCTOBER)

Character Development Program

Here are some tips you can use to re-enforce your child's manners at home:

GRACIE HANDSHAKE

- When you see someone you know, or meet someone for the first time, use the Gracie Handshake: Firm Grip, Eye Contact, Sincere Greeting

COURTESY

- Look people in their eyes when they are talking to you
- Wait until they are done speaking, before you start

Service

- Teach an adult about citizenship
- Teach another kid about citizenship

TABLE MANNERS

- Chew with your mouth closed
- Keep your elbows off the table
- Don't talk with food in your mouth
- Don't waste food, eat everything on your plate

POLITENESS

- Say "Yes Please" instead of "Yes"
- Say "No Thank You" instead of "No"

Don't forget to track your child's points on their Gracie Gameday Sheet!

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