

GRACIE JIU-JITSU SMEATON GRANGE OUR PROGRAMS



CAMDEN VALLEY
WRESTLING



ADULTS PROGRAMS

GRACIE JIU-JITSU FUNDAMENTALS

Duration: 60 Minutes | Age: 13 and Over

This Program is suitable for a person with zero to limited experience. Beginners will learn the most important basic techniques of Gracie Jiu-Jitsu.

Class Structure

- Warm-up and drills.
- Basic Gracie Jiu-Jitsu techniques.
- Short grappling matches with a training partner.

Benefits

- Strong understanding of Gracie Jiu-Jitsu.
- Build a strong fundamental base.
- Evolve your Gracie Jiu-Jitsu game.



ADULTS PROGRAMS GRACIE JIU-JITSU ALL LEVELS

Duration: 60 Minutes | Age: 13 and Over

Sessions are suitable for students of all Gracie Jiu-Jitsu levels. That is our advanced program that combines new techniques with the refining of basic skills.

Class Structure

- Short warm-up and drills.
- Refining Gracie Jiu-Jitsu techniques and takedowns.
- Grappling matches (competing for position and submissions).

Benefits

- Better timing.
- Physical fitness.
- Resilience.
- Refining techniques and submissions.
- Staying calm in difficult situations.



ADULTS PROGRAMS

GRACIE JIU-JITSU MORNING EXPRESS

Duration: 45 Minutes | Age: 13 and Over

This program is ideal for a student on their first class to the seasoned practitioner. It suits people who want to get their session in before work or school.

Class Structure

- Short warm-up and drills.
- Gracie Jiu-Jitsu technique.
- Grappling matches (competing for position and submissions).

Benefits

- Build a strong fundamental base.
- Physical fitness.
- Resilience.
- Improve problem-solving skills.
- Feel good before starting work or school.



ADULTS PROGRAMS SUBMISSION WRESTLING

Duration: 60 Minutes | Age: 13 and Over

Suitable for students of all levels who want to practice the No-Gi version of Jiu-Jitsu as a competitive sport or as a training method for self-defence and Mixed Martial Arts.

Class Structure

- Short warm-up and drills.
- Gracie Jiu-Jitsu techniques and basic freestyle wrestling takedowns.
- Grappling matches (competing for position and submissions).

Benefits

- Self-defence.
- Physical fitness.
- Resilience.
- Mixed Martial Arts techniques.
- Staying calm in difficult situations.



ADULTS PROGRAMS OPEN MAT (GI & NO-GI)

Duration: 60 Minutes | Age: 13 and Over

Ideal for students of all levels. People who have questions about techniques and positions can drill what they have learnt with feedback from an instructor.

Class Structure

- Warm-up.
- Supervised matches (Gi, No-Gi or Wrestling matches).
- Students can also drill techniques and exchange knowledge with each other.

Benefits

- Grow your Gracie Jiu-Jitsu game.
- Improve problem-solving skills.
- Plenty of time to roll.
- Get comfortable on different situational rolling.
- Better prepared for competitions.



ADULTS PROGRAMS CAMDEN VALLEY WRESTLING

Duration: 60 Minutes | Age: 13 and Over

Suitable for a person in their first wrestling class to the seasoned practitioner.

Class Structure

- Short warm-up and drills.
- Takedowns and throws at an easy pace of learning.
- Wrestling matches* (Wrestling each other to takedowns and ground control).

* Students can only watch matches till they feel confident enough to participate.

Benefits

- Physical fitness.
- Confidence.
- Self-control.
- Mental toughness.
- Safety.



ADULTS PROGRAMS BEGINNERS KICKBOXING

Duration: 60 Minutes | Age: 13 and Over

Suitable for beginners with little to no experience. Students learn a variety of kicks, punches, footwork, and attack and defensive combinations.

Class Structure

- Short warm-up.
- Light movements and mobility exercises.
- Partner drills.
- Bag work.
- Technical Kickboxing drills focusing on tough fast and powerful combinations.

Benefits

- Physical fitness.
- Mobility.
- Power.
- Hand-eye coordination.
- Overall confidence to defend themselves.



KIDS PROGRAMS GRACIE JIU-JITSU FOR KIDS

Duration: 45 Minutes | Age: 5-8 | Age: 9-15

Our Gracie Jiu-Jitsu for Kids program integrates physical education, self-defence techniques and skill-orientated games to improve skill and conditioning while having fun. Kids improve balance, posture, coordination and body position, which supports their overall Gracie Jiu-Jitsu development.

Class Structure

- Warm-up and Gracie Jiu-Jitsu oriented drills.
- Gracie Jiu-Jitsu basic technique, self-defence and takedowns.
- Skill-oriented games.

Benefits

- Discipline.
- Skill development.
- Courtesy.
- Self-confidence.
- Resilience.
- Concentration.
- Self-control.
- Teamwork.



KIDS PROGRAMS CAMDEN VALLEY WRESTLING FOR KIDS

Duration: 45 Minutes | Age: 5–8 | Age: 9–15

Our Kids' wrestling classes are ideal for developing new skills and improving self-confidence. Our focus is for the kids to learn the techniques and try their best. During practice, winning or losing, they should always stand up and shake hands with their teammates.

Class Structure

- Warm-up and wrestling oriented drills.
- Basic wrestling takedowns and throws.
- Supervised wrestling matches.

Benefits

- Discipline.
- Skill development.
- Courtesy.
- Self-confidence.
- Resilience.
- Concentration.
- Self-control.
- Teamwork.



KIDS PROGRAMS CAMDEN VALLEY MMA FOR KIDS

Duration: 45 Minutes | Age: 5-8 | Age: 9-15

Suitable for kids with or without martial arts experience, our Mixed Martial Arts (MMA) for Kids program integrates self-defence techniques with conditioning and fun skill-orientated games.

Class Structure

- Short warm-up.
 - Fundamentals MMA and self-defence techniques.
 - Specific drills and skill-related MMA games.
- * No sparring.

Benefits

- Confidence.
- Self-defence.
- Resilience.
- Discipline.
- Respect.

 Instagram



 Facebook



 Youtube



 Website



**CAMDEN VALLEY
WRESTLING**

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