



Welcome to

Dylan's Ju - jitsu journey

introduction

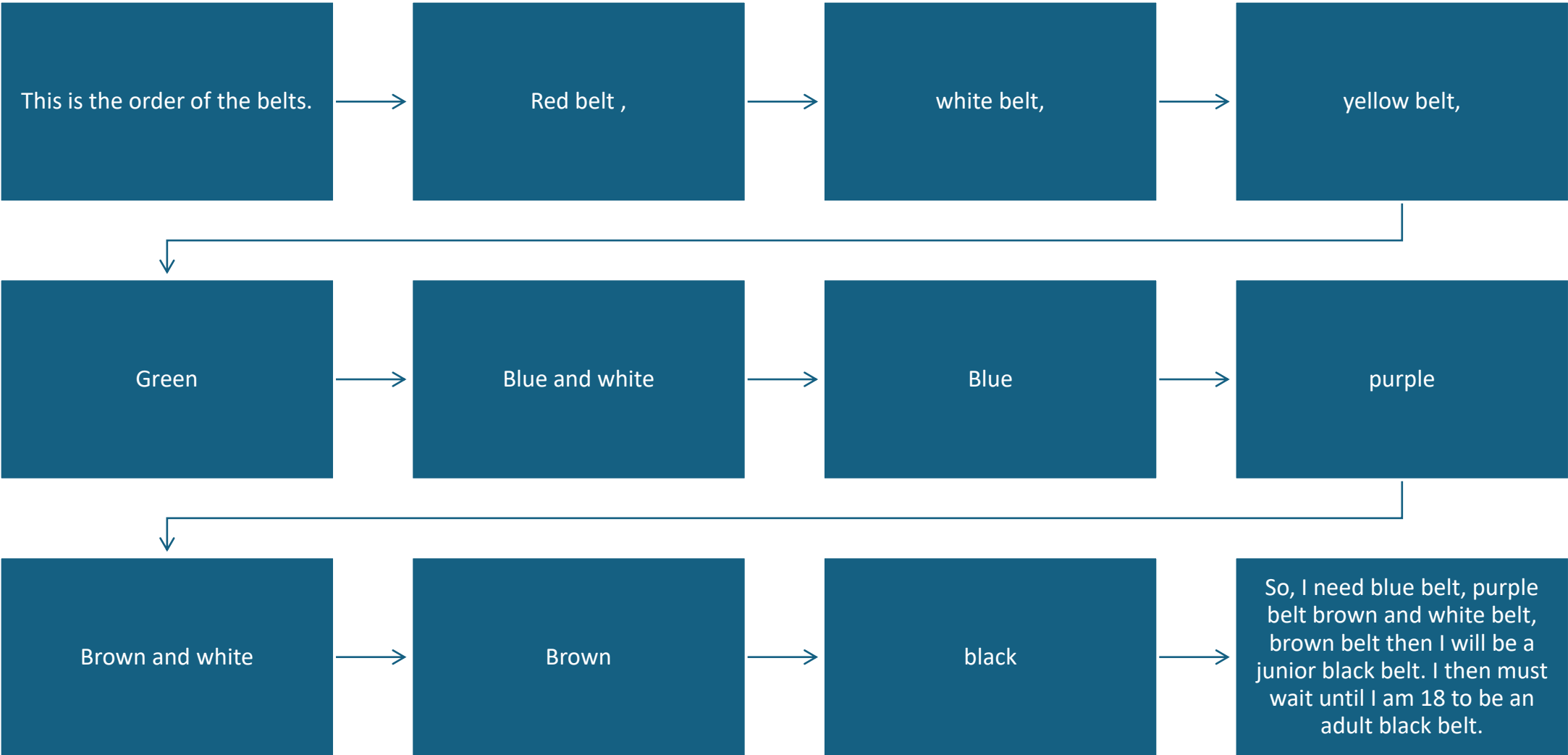
- Ju jitsu is a Brazilian martial arts sport where you learn discipline and self-defence. You wear a uniform and a belt . These are called a Gi, and your belt is called an obi in Japanese. Ju - jitsu is done on a soft mat so you do not hurt yourself.
- When you go on and off the mat you must bow this is a sign of respect. You must do a warmup before you start Ju - jitsu so you do not hurt yourself.
- You work with a partner in ju - jitsu were you practise your moves on each other and at the end you face each other and bow to each and say thank you. If you do not learn how to land correctly you can get hurt.

- Our uniform is called a gi this is what it looks like



Belts

In ju - jitsu you work your way through different belts these belts are called obi's in Japanese you always start on a red belt and when get older and you get the black belts the final belt you can earn is a red belt, you start and end on a red belt. When your teacher thinks you are ready for your next belt, he will let you grade at the end, and you get a new coloured belt and new certificate.



This is the belt that I'm
on I am working towards
my blue belt

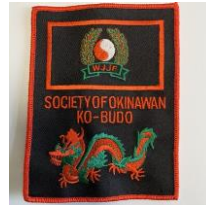


In Ju – Jitsu we have to learn different words in
Brazilian these are some of the ones I have learnt.

- Dojo where we do Ju jitsu
- Teacher is sensei
- Belt is an obi
- Uniform is a Gi
- Mat is a Tatami
- Grade is a kyu
- Black belt Shodan

Badges

You earn different badges when you grade you have to sew them on to your uniform



These are some of the badges that I have earned.

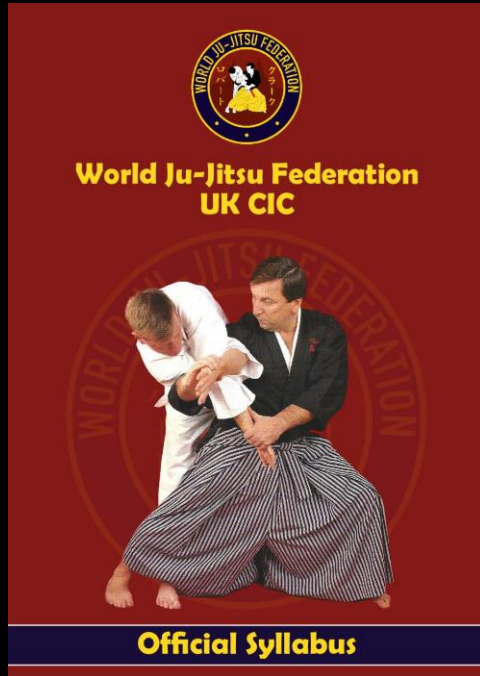


Were different badges go on the Gi

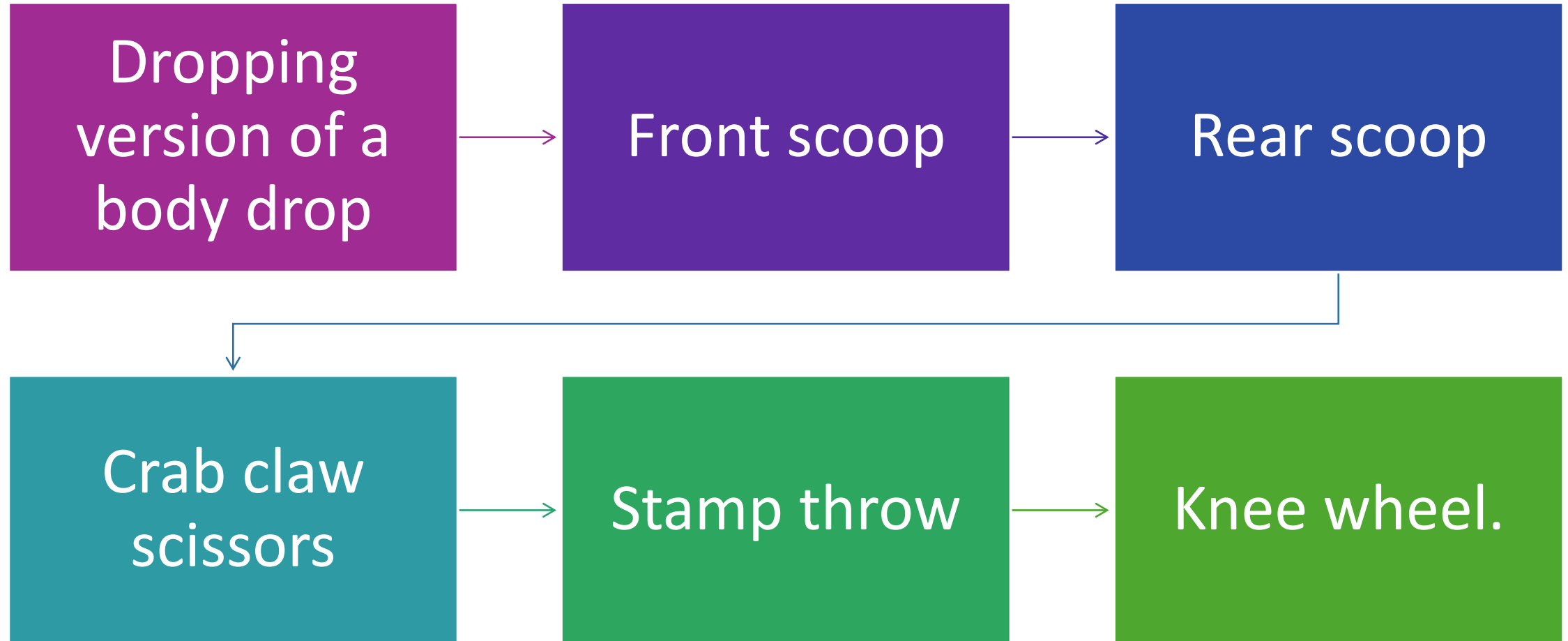




You work your way through a book the book is called a syllabus and it looks like this.



These are some of the moves



Please see the links I have copied for white belt and purple belts

[WJF 1986 VHS Syllabus - White belt\(youtube.com\)](#)

- [WJF 1986 Syllabus VHS - Purple Belt \(youtube.com\)](#)





There are lots of jiu jitsu clubs all around England

Fun fact's when Ju - jitsu is on

Ju – jitsu is on Monday's and Friday's the times are 6pm until 7.30

On Tuesday the time is 7pm to 8.30 pm

Saturdays the time is 10am to 11.30

I go 2 times a week sometimes 3 lessens a week



Photos of me





This is a photo of me
and my brother kai
he comes to Ju –
Jitsu aswell.

These pictures of me are from my green
belt grading and a photo at home in my
gi.



Ju – Jitsu It is my favourite hobby, and my goal is to be a black belt Shodan one day.

Ju – jitsu is very important to me it helps me to learn how to protect myself and so I can look after my family and friends when I am older. When I grade I feel so proud and happy and I think all children should learn this to be able to look after there family and friends.

The end by
Dylan aged 8