

**George Mason University**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

RECR 101 (001) – Brazilian Jiu-Jitsu: Intermediate (1)  
1Credit, Spring 2019  
M/W 3:00-4: 15 pm / RAC 2002 – Fairfax Campus

**Faculty**

Name: Peter Giannetti

Office hours: As needed before and after class

Office location: RAC 2002

Office phone: see me before and after class

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**Prerequisites/Corequisites**

RECR 100 or Permission of Instructor

**University Catalog Course Description**

Teaches students beginner-to-intermediate-level techniques in Brazilian Jiu-Jitsu. Focuses on specific defensive techniques to be used against an attacker along with escapes and submissions from a variety of different attacks. Requires participation in basic sparring with particular attention to safety and intensive training and conditioning routine.

**Course Overview**

Note: The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as part of the class. However, this is an introductory course with the emphasis placed on executing proper skills and movements and not the contact itself.

Excessive force, violence, competitive zeal or aggression are not required nor expected and will NOT BE TOLERATED.

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Students will **NOT** wear shoes, tank tops, dresses, jeans or “cut offs” of any kind. All jewelry **MUST** be removed before class and stored properly.
4. Consistent attendance is necessary to develop minimum acceptable performance. Points will be taken off for each unexcused absence.

**Course Delivery Method**

This course is an activity based course.

## Learner Outcomes or Objectives

This course is designed to enable students to do the following:

- 1) Discuss the history, theory and rules of Brazilian Jiu-Jitsu.
- 2) Explain the difference between Brazilian Jiu-Jitsu and other martial art forms.
- 3) Demonstrate the following ground techniques:
  - a) Six basic ground positions
  - b) Escapes from mount
  - c) Escapes from cross body
  - d) Escapes from the back
  - e) Three chokes
  - f) Three arm locks

## Professional Standards N/A

## Required Texts

Handouts will be given as needed. from the book Jiu Jitsu University by Saulo Ribeiro

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

- **Assignments and Examinations**

Written exams are short answers. The Mid- term exam will be given as “take home” exams. They will be handed out from the instructor, or e-mailed as attachments. The Mid-Term will be handed in on a date to be determined, which will be at the approximate middle point of the semester. Students will have several days to obtain and take the exam. The final written exam will be administered in class hour and will be cumulative. On the consideration that these exams would be given in-class on a specific class day, they will only be accepted on the date specified. No early hand-ins, mailings, or proxy hand-ins will be allowed.

Practical exams will be physical demonstration of skills taught in classes. The Final Exam will be administered as a demonstration on the last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. Since outside class assignments are allowed, and are based per hour on the number of credits / weekly class meetings, the taking of this test outside of class requires no more time than would be allotted for outside work. It also avails the students more class time dedicated to learning Brazilian Jiu-Jitsu skills. In the case of the final, it also allows for individual skills evaluation and grading in-class.

- **Other Requirements**

Attendance and Participation – **Sixty (60) points** possible depending on the calendar. **Five (5) points** will be given each day with a deduction of **one (1) point** for each **five (5) minutes** that a student is late. Students must attend the entire class period and

participate in the daily activities to receive full credit for the class. If you attend each class session, are on time and participate as scheduled, you'll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade. Absences are only excused with a doctor's note submitted immediately upon return to class.

- **Course Performance Evaluation Weighting**

- Attendance – 60 points
- Practical Exam – 30 points
- Final written exam – 10 points

- **Grading Policies**

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 - 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 - 59
	B- = 80 – 83	C- = 70 - 73	

### Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

### Course Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
<b>M</b>	03/18	Review of previous section	
<b>W</b>	03/20	Mount - Maintain, Mount - Escapes	
<b>M</b>	03/25	Mount - Submission, Mount - Review	
<b>W</b>	03/27	Crossbody - Escapes	
<b>M</b>	04/01	Crossbody - Submission	
<b>W</b>	04/03	Crossbody - Review	
<b>M</b>	04/08	Back - Escapes	
<b>W</b>	04/10	Back - Submissions	
<b>M</b>	04/15	Back - Review	
<b>W</b>	04/17	Guard - Sweeps	
<b>M</b>	04/22	Guard - Passing	

<b>W</b>	04/24		Guard - Submissions	
<b>M</b>	04/29		Sparring techniques	
<b>W/M</b>	05/01 & 06		Practical and final exam	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

### **GMU Policies and Resources for Students**

#### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.**