

Rise 8 Training Academy Practicum





Primary training room for youth.

It will always surprise me the things kids can drag onto the mat from outside. Fruit loops, macaroni, anything is possible.

Primary training room for adults as well as kids, depending on the number of youth that attend.

Cleaning these is essential to a safe training environment.





Bowing in for class! The structure of martial arts promotes order and discipline.

This sets the tone for the class, and reminds students that it is time to focus, and train hard!

We bow to end the class as they go on their way.





Lined up for Animal Movements

Animal movements are great in keeping kids engaged while exercising, as it allows them to relate to animals to motivate them to push through the exercises.

Standing by to do their jiu-jitsu warmups!

This consists of jumping jacks, starbursts, jump triangles, bridges etc.

These introduce them to the fundamental moves necessary to practice jiu-jitsu.





When instructing, you need to be able to clearly articulate and demonstrate the technique while also performing it.

This requires confidence in knowledge of the curriculum so you can demonstrate it with a subconscious proficiency in order to dedicate your attention to the students when necessary.





Kids play an essential role in helping teach the whole class.

If a technique is not entirely new, and time is of the essence, we will pick their brains and have them explain the technique in detail.

When dealing with the youngest students, structure, and discipline are essential in keeping their attention.

Asking them questions, requiring them to state the name of techniques, and quizzing them on the next step keeps them engaged and actively consuming the knowledge presented.





Respect and camaraderie are a huge aspect of this sport.

Regardless of the outcome of training or competition, respect for their opponents and training partners and themselves is of the utmost importance.

Competition has many variables that play a role in a student's performance.

Personality, opponent's nature, inherent physical attributes, attendance, time in sport, gym culture and training environment, and intensity all play an integral role in student performance.

Not only does it reflect their performance, but it also demonstrates their development as an individual.





Professor Dave receiving the team medal from the AGF competition.

It is nice to receive recognition for hard work, but medals are the least important thing regarding youth jiu-jitsu.

Being a team and providing a sense of family for all is by far the most important thing that Rise 8 Strives to represent.

Regardless of age, time on the mats, we are their to support and push each other in victory and defeat.





Saturdays are for jiu jitsu!

Providing a safe training environment in which numerous kids can come out of their shells is arguably the best feeling of this practicum

The most impactful portion of this practicum is the realization that, as a coach/instructor, it isn't as much about teaching them what you want to prepare as much as you realize and assisting them in what they need to learn.

Every kid comes in from a different environment with different personalities and behaviors, but when they put on their belt and Gi, it is up to us to help them with jiu-jitsu and much more.



Overall Take-Away

RISE 8

BRAZILIAN JIU-JITSU

This practicum went far beyond my expectations, and I am incredibly fortunate that I got to apply my education and combine it with my passion while also discovering a new one.

Working with adolescents is one of the most complex challenges, but I wouldn't trade my moments with them for anything.

Regardless of concentration, I recommend this practicum style to anyone who would like to work with adolescents in their field.

Being a Coach/Instructor incorporates many avenues of Psychology, from Adolescent Psychology, Sports Psychology, and Abnormal Psychology; the list goes on.

How you must work and apply your education is engaging, and there is rarely a dull moment.