

**San José State University**  
**Kinesiology**  
**Fall 2025, KIN 58A, Introductory Brazilian Jiu-Jitsu Sec. 1 & 2**

**Contact Information**

Instructor:	Alberto Juarez
Office Location:	YUH 208
Telephone:	(408) 753-7162
Email:	Alberto.Juarez@sjsu.edu
Office Hours:	By Appointment
Class Meetings & location	YUH 208 Mondays & Wednesdays Section 1 1:30pm-2:20pm Section 2 2:30pm-3:20pm

**Course Description**

Development of essential skills and principles on Brazilian Jiu-Jitsu practice. Included are the basic escapes, sweeps, and submissions from the most common positions.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, technique, and strategies related to Brazilian Jiu-Jitsu.
- Proficiency in execution of the Brazilian Jiu-Jitsu skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Brazilian Jiu-Jitsu.
- An understanding of the mental and physical health benefits to be derived from Brazilian Jiu-Jitsu.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

**Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

## Text/Readings

### Introduction to Brazilian Jiu-Jitsu Online Course

- *Learn BJJ Basics at Daruma Dojo | Sunnyvale, CA.* (n.d.). Daruma Dojo. <https://www.teamdarumadojo.com/challenge-page/introtobjj>

## Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any physical limitations.

## Activity-Specific Notes

- **Personal contact:** Training Brazilian Jiu-Jitsu requires close, personal contact with training partners. Accommodations may be made in the event that a student is uncomfortable training with a classmate of the opposite sex, but this accommodation cannot be guaranteed. Students must maintain maturity and respect at all times, regardless of with whom they are training.
- **Risk of injury:** There always the possibility of accidental injury or illness when participating in activities that involve personal contact. Students are obligated to use good

judgment and strictly follow the safety and etiquette guidelines to minimize risk to themselves and their training partners.

- **Good hygiene** is absolutely essential to minimize the risk injury, illness, and infection. All students are required to shower immediately (within a few hours) before class and to keep nails trimmed. You will be asked to forgo participation if this requirement is neglected.
- **Responsible use of BJJ skills:** Students are obligated to refrain from using BJJ to bully, attack, or harm anybody. The use of BJJ for the self-defense is acceptable. Course Requirements, Assignments, and Grading
- Properly warming up is important for reducing the risk of injury and will take place at the start of each class. Therefore, punctuality is necessary.
- Students are required to wear a Brazilian Jiu-Jitsu uniform (Gi and belt) by their second class meeting. The instructor may assist you in selecting the right uniform and guiding you on how to purchase one.

## Course Requirements, Assignments, and Grading

### Grading Plan

10% Online Discussion Boards  
30% Weekly Training Journal  
30% Mid-Term Skill Test  
30% Final Skill Test

### Explanations

- **Weekly training log:** Students will submit detailed notes each week on the new techniques they practiced during class that week. A template will be provided. Journal entries should be submitted electronically.
- **Discussion Board:** You must post at least three times to each online discussion board unless otherwise indicated in the assignment description. One post should be your response to the topic/question in the discussion board. The other two posts should be thoughtful responses to another student's posts.
- **Mid-Term and Final Skill Tests:** The examinee's ability to execute techniques will be assessed with technique demonstrations.

**Grading Scale used to determine letter grade for each component above.**

**Grading Scale used to determine final course grade.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-

Percentage	Equivalent Grade
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

**Campus Resources**

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

**SJSU Technical Support:**

Email: [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

Phone: (408) 924-1530<sup>SEP</sup>

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Syllabus & Introduction
2	Solo Movements & Drills

Week	Course Content (Assignments, Exams/Quizzes, ...)
3	Self Defense & Getting to the Ground Safely/Effectively
4	Pins, Pin Escapes, & Submissions
5	Pins, Pin Escapes, & Submissions
6	Pins, Pin Escapes, & Submissions
7	Pins, Pin Escapes, & Submissions
8	<b>Midterm Skills Test</b>
9	Guard Principles & Techniques
10	Guard Principles & Techniques
11	Guard Principles & Techniques
12	Passing Guard Principles & Techniques
13	Passing Guard Principles & Techniques
14	Passing Guard Principles & Techniques
15	Open Mat Structure
16	<b>Final Skills Test</b>