**All Stars Jiu Jitsu**



Today I am going to All Stars Jiu Jitsu.

It will be fun to see my friends.



When class starts, Sensei Danny will tell me

to line up. I will find a place on the mat

and stand at attention. It is important to

have a quiet body, looking eyes and

listening ears.



When everyone has found a spot, we will

begin class with a bow to show respect.



After we bow, the teachers will talk

about the rules of Jiu Jitsu. The three rules

are: self control, respect and patience.

It is important to understand the rules and

what they mean.



Next we will practice meditation. This is

when we stand tall and focus on taking

slow, deep breathes.

When we are done, we will work on making





our mind and body strong by doing exercises.

We may do jumping jacks, pushups, kicks,

seal jumps, balancing, floor stretches, blocks

and punches.





When we are finished, we will practice



San Chin, this is when we work on focus.

The animal symbol for focus is the snake.

It is important to breathe and make the

hissing sound of the snake. I can do this

by pressing my tongue to the roof of my mouth to hiss and making all my

muscles tight. During San Chin, you must be very serious and keep your

eyes looking straight ahead.

The last thing we will do is play games.







When the game is over, I will come back



to the mat to finish. I will say thank you

to my teachers.

