



Five Rings Jiu Jitsu



Pans 2018

Info Sheet

Goal: Compete well and win at the Pans, March 7 - 11, 2018, in Irvine, California.

12 week camp | 6 weeks of pre-cycle + 6 weeks of on-cycle prep:

1. Moneyball: Looking at sport Jiu Jitsu by the numbers. Bishopbjj – 2012 Worlds analysis.
2. Talent Code: Deliberate practice + hotbed of talent + train ugly + master coaching.
3. Medal Chasers: Like-minded folks encouraging and supporting each other to reach greatness.
4. “Win the Day”: U. of O.’s anthem. Win each day as it comes. WTD (every day) translates into winning the big event on game day. Win each day in our 12 week program.
5. Experience If you’re serious about competition, then the Comp. Team is for you. It’s results tested.

Expectations:

1. Application due Wednesday, Dec. 6
2. Down payment of \$149 due by Dec. 9 | + \$69 for three month (Jan. , Feb. and March)
Returning members – 10% off | A Firma – monthly installments waived
3. Complete weekly training assignment and attend 90% of rounds classes
4. Participate in > 85% of team events and activities.

Dimensions of training:

1. Technique and strategy
2. Situations and challenges
3. Mental State / Mindset
4. Strength, conditioning, and recovery

12 Week Comp. Camp – 3 structured sessions per week + weekly “to do” lists and “work” rubric

Technical Practice

1. Saturdays, 8:00 – 9:30 am at Main Academy (Comp Team practice)

Team Combat Training

2. Tuesdays, 6:30 – 8:30 pm at Main Academy (Int. / Adv. Technique +Combat Rounds)

Team Drill

3. Thursday, 7:00 – 8:00 pm at Main Academy (Int. / Adv. Action Training)

1st practice – Saturday, Dec. 9 from 6:30 – 8:00 am to begin the cycle. * Early time due to Friendship Tournie.

“Jiu Jitsu is the cure for the worst feeling a common person can have, which is the feeling of powerlessness when faced with the unknown, the fear of being afraid. Jiu Jitsu teaches us to be humble at the right time and daring at the right time.”

In light of Moneyball article, have a defined game plan:

Top Game Plan:

Bottom Game Plan:

Game Plan Toolbox:

Signing of Team Commitment Agreement

1. I will not let excuses hold me or my team back. Good is the enemy of great. I will do what I need to do to be a champion. This is my time. I will embody extreme ownership.
2. I will give my best effort in all that I do and always maintain a positive attitude.
3. I will attend all Tuesday team practices and at least 85% of the Thursday + Saturday practices.
4. I will help my team mates to my fullest because I know they are counting on me just I am counting on them. I will help them whenever possible and allow them to help me.
5. I want a true coach. I will listen to my coach. I'm not looking for a cheerleader or a consultant. I believe in the system.
6. I will notify Professor Tom of all injuries in a pro-active and mature manner.
7. I will attend practices if injured or sick (as long as I'm not causing harm or risk to myself or my teammates).
8. I will call, email, or text Professor Tom prior to practice to communicate my absence and my make-up plan.

Name

Date

Week #	Date
1 st practice	Dec. 9 from 6:30 – 8:00 am
12	11 Dec
11	18 Dec
10	25 Dec
9	1 Jan
8	8 Jan
7	15 Jan
6	22 Jan
5	29 Jan
4	5 Feb
3	12 Feb
2	19 Feb
1	26 Feb
0	5 March