



A Firma

Skill Development Group

Due December 22, 2017



Name: _____ Rank: _____

Details:

- 90 minute Jiu Jitsu semi-private once a week
- Class times are Tuesdays, 6:30 – 8:00 am, or Wednesday, 6:00 – 7:30 pm
- Personalize assignments, video analysis, game plan development, personal coaching
- Minimum two year commitment

1. List and explain your Jiu Jitsu, martial arts, and athletic background.

2. Why do you want to be in A Firma?

3. What are your long-term goals in Jiu Jitsu?

4. How serious are you about skill development / developing your game? What are you willing to sacrifice to achieve your goal?

5. What athletes / competitors do you most identify with (in and out of Jiu Jitsu) and why?

6. Anything else you'd like the board to consider?



A Firma

Format

2018



Mission

- To help athletes accelerate their technical skill development and understanding of Jiu Jitsu

Details

- 90 minute class weekly
- Available time slots: Tuesday 6:30 – 8:00 am (4 slots) or Wednesday 6:00 – 7:30 pm (2 slots)

Tuition

- \$349 per month for two years (\$169 base membership + \$180 A Firma)

Required materials

- *Jiu Jitsu University* by Saulo Ribeiro
- *Instructional DVD Series: Xande* by Xande Ribeiro
- Five Rings Jiu Jitsu Journal

Details and Expectations

- A Firma will be your homeroom. It is THE most important class you have. If you only make one class per week, it should be A Firma. All other classes are additives / extra.
- One class per week | four classes per month are to be attending.
- Small group / team format (4 – 8 students)
- Personalized program design in:
 - Jiu Jitsu – fundamentals, self defense, and the A Firma Pillar Principles
 - Personal coaching, development guides – game plan development
- Quarterly video analysis and performance evaluation
- Access to a member's web site with online resources
- Unlimited group Jiu Jitsu classes