

## Head Instructor



*Professor Battsegun Josh Tugjnyam*

Jiu Jitsu Black Belt

# MONGOL ERDEM JIU JITSU

## **Mission Statement**

MONGOL ERDEM JIU JITSU FOSTERS AND CREATES AN OPPORTUNITY FOR PERSONAL DEVELOPMENT THROUGH THE ART OF JIU JITSU. WHERE OUR INSTRUCTORS STRIVE TOGETHER TO BRING AN INSPIRED ENVIRONMENT. WE ARE DRIVEN BY THE SAME RELENTLESS PURSUIT OF TO BE "BETTER". MONGOL ERDEM JIU JITSU IS THE PLACE OF POSSIBILITY FOR PEOPLE TO MAXIMIZE THE POTENTIAL WITHIN THEMSELVES.

OUR ACADEMY'S CORE PROGRAM CONSISTS OF THREE COMPONENTS THAT ARE INTERCONNECTED. IT IS THROUGH THESE METHODS THAT DRIVES ALL OF US TO ACCOMPLISH OUR PURPOSE OF EMPOWERING EACH STUDENT TO GAIN BENEFITS THAT GO FAR BEYOND THE MATS.

## **PHILOSOPHY**

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THE PRINCIPLES OF JIU JITSU WILL INSTILL CHARACTER TRAITS AND QUALITIES THAT MAKE YOU WHO YOU ARE. IN THE ACADEMY STUDENTS WILL LEARN JIU JITSU TECHNIQUES, BUT MORE IMPORTANTLY THEY WILL BE INTRODUCED TO THE JIU JITSU LIFESTYLE AND LEARN WHAT IT MEANS TO BE A MARTIAL ARTIST.

### STUDY & APPLICATION

STUDY & APPLICATION: THROUGH THIS COMPONENT STUDENTS DEVELOP THEIR PHYSICAL, EMOTIONAL, SOCIAL AND COGNITIVE SKILLS. BY HAVING AN UNDERSTANDING OF AND ABILITY TO APPLY THE MARTIAL ART, STUDENTS WILL ALSO DEVELOP THEIR SELF-DEFENSE CAPABILITY.

### COMPETITION

THE ACADEMY GIVES STUDENTS THE OPPORTUNITY TO IMMERSE THEMSELVES IN A COMPETITIVE ENVIRONMENT THAT PROPELS THEM TO BREAK BOUNDARIES. THROUGH COMPETITION, STUDENTS DEVELOP IMPORTANT CHARACTERISTICS LIKE RESILIENCE, PERSEVERANCE AND TENACITY.

## ***KIDS JIU JITSU PROGRAM***

AGES 6-9 YEARS OLD ---- SATURDAY **2:30-3:00pm** (30-min)

AGES 10-14 YEARS OLD ---- SATURDAY **3:00-3:45pm** (45-min)

## ***ADULT JIU JITSU PROGRAM***

INTRO --- SATURDAY **4:00pm – 5:00pm** (60-min)

FUNDAMENTALS ---- TBD

## **2024-2025 SEMESTER CLASS SCHEDULE :**

**OCTOBER 29<sup>TH</sup> – NEW STUDENT ORIENTATION at 2:30PM-3:30PM**

NOVEMBER – 2nd (Meet & Greet + Orientation & Registration)

NOV. 9th, 23rd

**Nov. 16th - NO CLASS** (Chinggis Khaan Memorial Day)

**Nov. 30th - NO CLASS** (Thanksgiving Holiday)

DECEMBER – 7th & 14th

**Dec. 21st - NO CLASS** (Christmas Concert)

**Dec. 28th - NO CLASS** (Christmas & New Year)

JANUARY – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

FEBRUARY – 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

MARCH – 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

APRIL – 5<sup>th</sup>, 26<sup>th</sup>

**April 12th NO CLASS –** (Spring Break)

**April 19th NO CLASS –** (Easter)

MAY – 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>

**NO CLASS – 27<sup>th</sup>** (Memorial Day Holiday)

TOTAL NO. CLASSES: **20** CLASSES (Nov - May)

PRICE : **\$25** PER SESSION OR

PRE-REGISTRATION : **\$400** for the '24-25 semester (Discounted Price)

UNIFORM : **\$85** (REQUIRED UNIFORM) + OPTIONAL **\$35** (Rashguard/Sport T-Shirt)

# *Code of Conduct*

## *FOR STUDENTS*

- Always be RESPECTFUL and support fellow students.
- No foul language inside of the Academy.
- Arrive at least 10 minutes before your class.
- Inappropriate language and bullying peers or Instructors is NOT allowed.
- All students and visitors must wear a clean uniform and rash guard.
- Shoes, food, drinks, & electronics are NOT allowed on the mat.
- Remove jewelry, piercings, & necklaces during training and store all personal belongings neatly in designated area.
- Keep feet and hands clean. Keep fingernails and toenails neatly trimmed.
- If you are sick, please DO NOT attend class.
- Always wear shoes or sandals when you leave the mat.

## *Class Etiquette*

- Bow before entering the mat, and before leaving the mat and greet the professor or instructor with a handshake when entering the mat for the first time.
- Address black belt instructors as Professor and non-black belt instructors as Coach.
- Acknowledge your Professors and Instructors – bow and shake their hands.
- During instruction, students must sit or stand in good posture.
- Talking should be kept to a minimum and should relate to the class subject.
- Do not leave the mat without permission from the Professor or Coach.
- If you are late, wait off the mat until the Professor gives you permission to join.
- All training gear and bags should be left in the changing area during class.

## *Discipline*

- Students are expected to follow the instruction of Professors and Coaches. If they do not, Instructors will:
  - Issue a verbal warning to stop behaving in an inappropriate way;
  - Issue a timeout on the training area. Student must sit alone quietly and will not be allowed to participate for a brief amount of time until the Instructor invites them to rejoin the class;
- Issue a timeout OFF-the-training area. Student must remove their Gi jacket and sit quietly off the mat until the Instructor invites them to rejoin the class.

## For Parents

- We encourage parents to allow their children to learn in a distraction-free environment by not staying inside the mat area during their child's class.
- No COACHING your children or other students during class.
- Instructor reserves the exclusive right to accept or decline student's enrollment dependent upon trial class.

**Student's Full Name :** \_\_\_\_\_

Preferred Name : \_\_\_\_\_ (\*\*if applicable)

**Date of Birth (mm/dd/yyyy) :** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Name of Parent/Legal Guardian :** \_\_\_\_\_

**Signature of Parent/Legal Guardian :** \_\_\_\_\_

**Today's Date :** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

By signing, I am voluntarily participating in the aforementioned activity and I am participating in the activity entirely at my own risk. I acknowledge that I have carefully read this "Waiver & Release" and fully understand that it is a release of liability. I do expressly agree to release and discharge Mongol Erdem Jiu Jitsu and all of its affiliates, managers, members, agents, staff, volunteers and representatives from any and all claims or causes of action (s).

In addition, I do affirm that I am the parent/legal guardian of the minor participant and I am of the age of 18 years or older. In the event that any participant should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance. In the event that any damage to equipment or facilities occurs as a result of my or my family's willful actions, neglect or recklessness. I acknowledge and agree to be held liable for any and all costs associated with any actions of neglect or recklessness. This release cannot be modified orally.

**INITIALS :** \_\_\_\_\_