

JUCAO SOUTH JOURNAL

August 2019

ISSUE 4 GU

GU BJJ TEAM 2019

Upcoming Events

IBJJF COMPETITION TEAM TRAINING
BATON ROUGE OPEN
LOUISIANA STATE CHAMPIONSHIPS



GU Team Jucao World Champs

IBJJF WORLDS MASTERS 2019

The Obstacle is the Way

INSPIRATIONAL INSIDER

LOUISIANA STATE CHAMPIONSHIPS

NOV 2 2019

WOODLAWN HIGH SCHOOL
15755 OLD JEFFERSON HWY
BATON ROUGE, LA 70817

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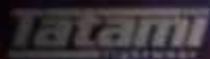
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2019

WORLD MASTER

IBJJF JIU-JITSU CHAMPIONSHIP



Congrats
ALY ARN
WORLD CHAMPION



TEAM_JUCAO_SOUTH

@GRACIEUNITEDBJJ

WWW.CHAMPIONFACTORY.COM

GU COACH'S CORNER



DANIEL FOOTE- KENNER
PURPLE BELT UNDER PROFESSOR RAFAEL ELLWANGER

GETTING TO KNOW OUR LEADERS

Coach Danny, besides being a GU BJJ Team Jucao Owner, what do you do for a living?

- I am a Lift Supervisor for Davie Shoring. We do home foundation repair and house leveling.

Tell us a little about you family.... also with all of you being competitors how do you manage?

- Titus is our oldest(purple belt).... He is 21 and married to Rebecca and they have Miss Ivy (first grandchild). He and Rebecca head up Gracie United-Team Jucao Laplace. Isaac is 19 (purple belt), and he is our head instructor in Kenner. Chloe is our oldest daughter (17) and is in her senior year of school and she teaches our young kids classes at Kenner. Naomi is 12 and loves BJJ and piano (yellow belt) and Abigail is 8 and loves to play soccer when not doing BJJ. Then there is Daphne (Blue belt). She is the anchor to our ship. If anything happens in our family it is because of her..... our family's biggest cheerleader!
- BJJ Competition days are crazy for our family....pure chaos. We try to split up coaching responsibilities Titus, Isaac and I try to coach students and we split up as a family to help coach one another when we can..... Our saving grace is everyone knows our situation and pitches in to help wherever needed. We have a good team/friends around us helping.

Why did you begin training Jiu Jitsu?

- Titus was classmates with Zion Ellwanger and Zion invited Titus to come try a class with him. Titus and Isaac started in 2013 and within the next year or so most of the family started BJJ. I did it for multiple reasons. The two most important are 1. BJJ was something I could do together with my kids and that was a huge attraction for me. 2. I grew up playing sports and gave up a baseball scholarship to go to small Christian college and play basketball. After that time in my life i let myself go physically.... when I started BJJ I weighed 275 pounds. I was on the road to

either a heart attack or stroke and I knew it. I saw BJJ as catalyst to a more healthy lifestyle and it did not disappoint.

How has Jiu Jitsu affected your life?

- I have fallen in love with the Jiu Jitsu "Lifestyle". I think differently and therefore I live differently. It is also a way that I can help people. I love helping others and Jiu Jitsu is the chosen avenue in which I can do just that. I am healthier now than I have been in years.

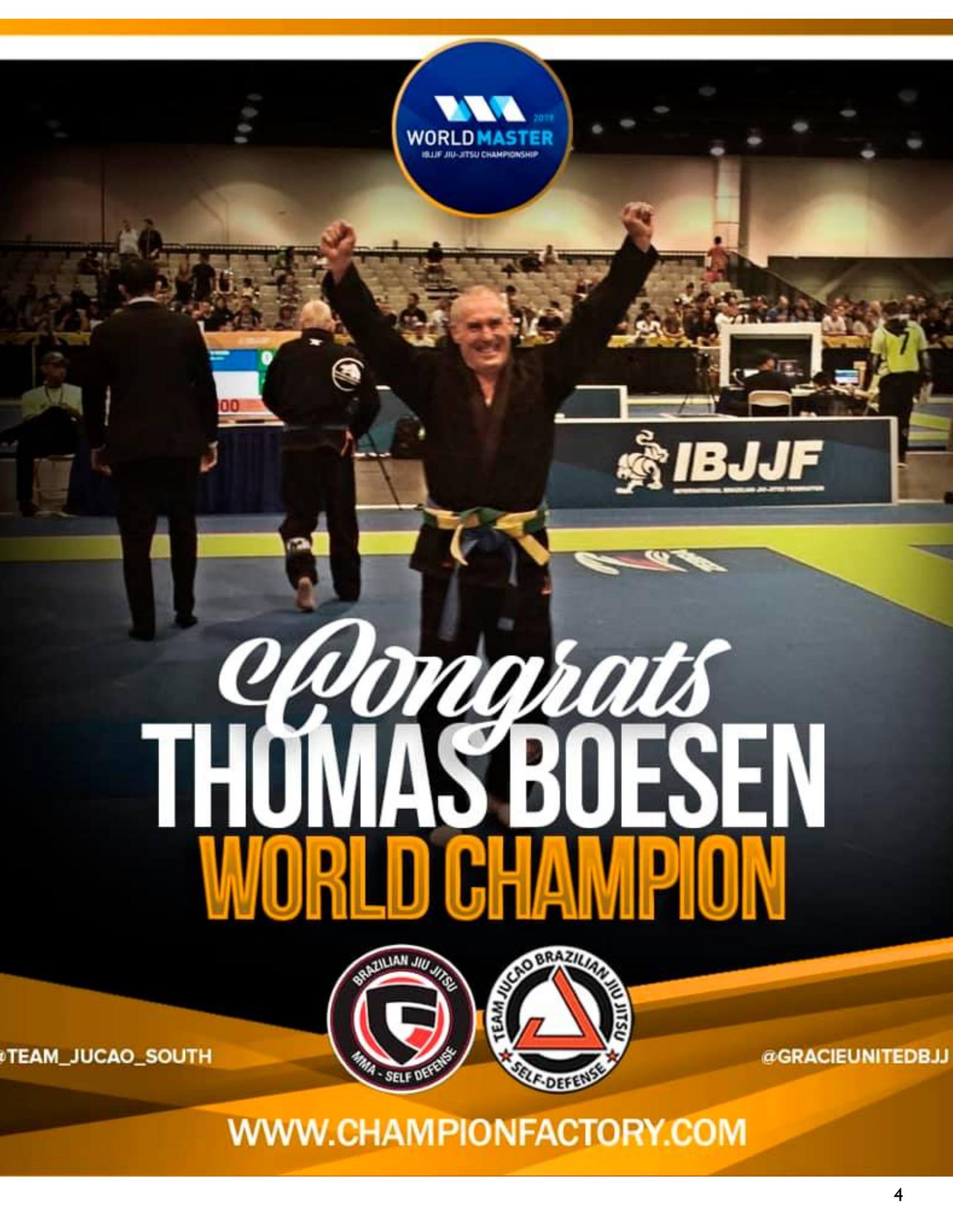
How do you manage to run your Academy and the importance of Laplace being run by Titus?

- It's truly and family effort. Isaac being the head instructor takes on the bulk of teaching for me and Chloe is taking care of the youngest kids classes. Daphne touches everything that happens in the gym. At this point I am still working full time so we work together as a team. Titus and I started the Laplace Academy. It has been open for 3 years. From the very beginning the goal has always been for Titus to own and run the Laplace gym. After 3 years he and Rebecca are running on their own. Titus is a great teacher and and he will do a great job there.

What's your favorite Jiu Jitsu technique or position?

- I have always loved back control. I find that i have several options for submissions from this position and I am able to at least maintain control from there. In the last part of my Blue belt I felt that my guard game was horrible at best. So I have been pulling guard for a couple of years now and learning how to play guard and am seeing good results after being crushed for so long. I see back control as my strength and my guard game is improving.

Why do you think Jiu Jitsu is important for kids & families?



Congrats
THOMAS BOESEN
WORLD CHAMPION



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TRAVEL

How Many GU Team Jucao Academies have you visited?

With our family growing and having established Academies throughout the Gulf Coast there are plenty of diverse BJJ games you can experience. Training at different locations gives you a different pace, but with the same team feel. This month we will feature our Louisiana Academies.

REGULAR CLASSES 5 DAYS A WEEK MONDAY THROUGH FRIDAY WITH OPEN MATS ON FRIDAYS, SATURDAYS AND SUNDAYS AT VARIOUS LOCATIONS

Learning from a Professor or Instructors...guard pass or favorite submission

Getting competition rolls in with teammates that you have not rolled with before, that do not know your game, nor do you know theirs.

While each Academy is different, we are all GU Team Jucao and the safe family atmosphere is shared throughout.

2019 Challenge to see who can make the most visits to the different GU Team Jucao Academies.



60 TEAM JUCAO ACADEMIES

There are over 60 Academies around the world for our team... how many can you visit?

New Locations

GU LOCATIONS OPEN / COMING SOON

- GULF SHORES, AL - COMING SOON
- GARDENDALE, AL - COMING SOON
- JENA, LA - COMING SOON
- LAKEFRONT-UNO, LA - COMING SOON
- MARKSVILLE, LA - COMING SOON



@Congrats
SONYA MCCURDY
WORLD CHAMPION



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My opponent is my teacher; my ego is my enemy” ~Renzo Gracie

This simple quote from Professor Renzo Gracie is a paradigm shift, for a great many people think in combat sports we must “hate” or “dislike” the person we are fighting or competing against. While we all must use whatever means of internal motivation is necessary, this “hate fuel” will only get you so far in your endeavor. We may see this evident in people that get burned out, where your level of frustration exceeds your level of energy to continue. Those that make the shift to realize our opponent spends as much time, effort, and discipline to improve themselves as we do will see that our opponents deserve our respect as much as we deserve the respect of others.

It is widely considered in the world of Jiu Jitsu that the “Blue Belt” may very well be the toughest part of the journey (after getting started). While many may not understand why so many blue belts disappear, here are my thoughts and observations on this topic. Blue belt is the “biggest gap” in the world of Jiu Jitsu. In the competitive area, you may have someone who was a white belt yesterday versus someone that may be a purple belt tomorrow. This broad range of skill level within the blue belt is especially significant due to the fact a purple belt in Jiu Jitsu is very comparable to a black belt in many other martial arts. Think of our standards for purple belt: high level of knowledge, know all the major positions and able to execute them on resisting knowledgeable opponents. It also takes a bare minimum of three years of tough consistent training to get there (that’s most martial arts black belt curriculum). Many new blue belts who were very successful at white belt are starting to enjoy the fruits of their labor. But at white belt, we are still discovering “the magic of Jiu Jitsu” and it still makes everything so exciting. However, the vast majority of students do not have early success at blue belt. This burst of our egos takes a toll on a lot of people. It is important to remember why we started and who helped us get to where we are.

Our opponent exposes who we are to ourselves and very many times shows us what we need to work on, not just in our Jiu Jitsu game, but in ourselves. Frustration is important because it brings our attention to the things we must work on, but holding on to frustration will be toxic, and we must learn to extract the lessons and dispose of the frustration. This is many times something we can thank our opponent for showing us. The bright side is they are introducing us to who we are as well as showing us who we are becoming. Our success in any matter is directly proportional to our ability to manage our own frustrations.

I am here to tell you, the journey through blue belt is not easy, but the person you become is absolutely worth it. If you are tired or injured, rest, but do not quit. An important mantra to remember in times of struggle is, “This too shall pass.” You will be happy and forever changed because you pushed through. In the words of Professor Caio Terra, “It is not important how good you are at Jiu Jitsu, it’s most important how good Jiu Jitsu is for you!”



KIDS

INTERNATIONAL 2019
IBJJF JIU-JITSU CHAMPIONSHIP
LAS VEGAS



HOW TO REGISTER WITH THE ...



IBJJF

INTERNATIONAL BRAZILIAN JIU-JITSU FEDERATION

TO COMPETE IN ANY IBJJF EVENT YOU MUST REGISTER WITH THE FEDERATION

As of 2019 everyone is required to register to compete in IBJJF events. This is much more than a click and your registered. You have to provide accurate information, belt ranking, Professor data, have it verified and send in a picture along with the payment. This could be approved as quickly as a couple days, or last a couple weeks.

First go to the IBJJF website...

← → ↻  <https://ibjjf.com>

You will then select your country. Remember this is the Federation for the entire world...not just the United States.

Then you will go to a step by step process that will not allow you to advance until finished/complete

1. **Click the button below to register.**
"Membership Request Button"

2. **Fill in your information** and request your membership. If you have already registered, click on "Update your academy and /or promotion" review your data and edit any necessary information.

* If it is your first membership, you will receive an email with your login and password information.

3. **Send the requested documents online.** Upload all requested documents in order to complete your membership registration.

* We remind you that your request will only be analyzed after all documents are submitted. The usual time frame for review is within 5 days. Professor Rafael approves electronically.

4. **Please wait for your documents to be approved.** Once all of your documents have been approved, you will receive an email with instructions on how to complete the online payment for membership.

5. **You can make your membership payment** by credit card.

6. **You will receive your membership card in your mail.** Your membership card will be sent through the mail. The delivery time will depend on the postal service in your region/area.

Welcome to the International Brazilian Jiu-Jitsu Federation!



2019
BATON ROUGE
OPEN

**GI & NOGI JIU JITSU
CHAMPIONSHIP**

SEPTEMBER 21, 2019

BATON ROUGE HIGH SCHOOL

**2825 GOVERNMENT ST, BATON
ROUGE, LA 70806**



NEW ORLEANS
INTERNATIONAL 2019
OPEN
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2019 BATON ROUGE OPEN
GI & NOGI JIU JITSU CHAMPIONSHIP

SEPTEMBER 21, 2019
BATON ROUGE HIGH SCHOOL
2825 GOVERNMENT ST, BATON ROUGE, LA 70806

OCTOBER

5

IBJJF CHARLOTTE
Charolette, NC

12

IBJJF MIAMI
Miami, FL

20

IBJJF HOUSTON
Houston, TX

NOVEMBER

SEPTEMBER

21

BATON ROUGE OPEN
Baton Rouge, LA

21

IBJJF ATLANTA
Atlanta, GA

2

LOUISIANA STATE CHAMPIONSHIPS
Baton Rouge, LA

9

IBJJF NASHVILLE
Nashville, TN

16

IBJJF NEW YORK
New York, NY

GU | TEAM JUCAO GEAR

TRAINING GEAR SOLD AT ALL ACADEMIES

'19

NEW ARRIVALS OF GU
TEAM JUCAO GEAR

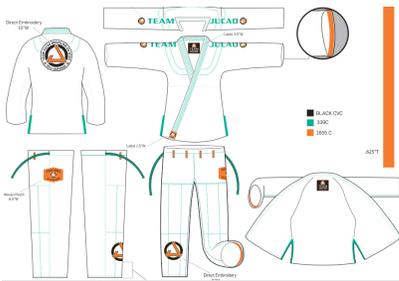
From BJJ Gi to Grappling Rash
guards to Striking Gear to Bags...
everything to keep you up to date
in the BJJ Lifestyle



Team Jucao BJJ
T-shirt
\$25



Hoodies Coming Soon



Fuji Women Gi Jucao
Edition - Teal
\$140



Competitor Gi's
Coming Soon



Jucao Adult Gi
\$140

The dreaded Jiu Jitsu Belt Knot

HOW TO CORRECTLY TIE YOUR BELT, KEEPING YOUR COACH FROM
LOOKING AT YOU WEIRD.

How to tie your bjj belt



1 start with even ends



2 hold in middle



3 place flat on stomach



4 cross in back



5 cross in front



6 place black under all



7 cross in the front



8 pull through



9 YAY!

