

February 1, 2019

ISSUE 1 GU

JUCAO SOUTH JOURNAL

GU BJJ TEAM 2019

Belt Promotions
NEW GU BJJ PROFESSORS



DON'T BE AFRAID OF BEING A BEGINNER.

COACH'S CORNER

Instructor Brian Wells



WELLS



Techniques of the Month

SIDE ATTACKS TO NORTH SOUTH



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GU COACH'S CORNER

BRIAN WELLS - GU BJJ TEAM JUCAO BROWN BELT
UNDER PROFESSOR RAFAEL ELLWANGER

GETTING TO KNOW OUR LEADERS

Brian, besides being a GU BJJ Team Jucao Instructor, what do you do for a living?

- I'm a reserve with the East Baton Sheriff's Office. I am pleased to announce that I am also the owner of Gracie United - Team Jucao Plaquemine

Tell us a little about your family.



- I am married to my wife Alexis of nearly two years, who is a blue belt. We have a 9 year old son Braylin who is a gray and white belt in Brazilian Jiu Jitsu. We also have 4 dogs that we love dearly Apollo, Nala, Bailey, and Max.

Why did you begin training Jiu Jitsu?

- I was working in sales at Stage and a guy who later became a great friend of mine named Chris Oswald told me "Hey you're kinda big have you ever done mma?" I always was interested in pursuing it but didn't know exactly where to start. Keep in mind this is in 2008 so the sport hadn't gained its popularity yet. One thing led to the next and I started training.

How has Jiu Jitsu affected your life?

- It's helped me with battling anxiety and lack of confidence within myself and has helped me grow not only into a great competitor but even more humble and patient person. Also, if not for Jiu-Jitsu I wouldn't have met some very incredible people who are now just like family to me.

How do you hope to serve the community of West BR?

- My biggest hope is to not only educate people on how to defend themselves but to actually help them change their lives in the process. Jiu Jitsu is more than just teaching people about the sport and self defense. Jiu Jitsu is also about community, loyalty, honor and respect. There are so many aspects of how Jiu Jitsu can impact someone's life whether it be getting fit, to have a hobby, or for people who want to pursue this as their career. No matter your age, orientation, weight or faith. Jiu Jitsu is for everyone and it would be an honor to help every WBR parish resident to achieve their goals no matter what they are.

What's your favorite Jiu Jitsu technique or position?

- I've always been in love with the Kimura. It's one of the first submissions I ever learned and one that you can achieve from so many positions.

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

- It brings families closer together! There is much compassion and respect to be earned for one another by being on the mats putting in the hard work as a unit. For kids, it is critical in today's world for them to understand how to stand their ground and defend themselves without hurting each other or themselves in the process. It's important for kids to understand that Jiu Jitsu does not care how big, small, or strong you are-but how technical you can be as well as your problem solving skills.

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.

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?

Mississippi

GULPORT
HANCOCK
HATTIESBURG
PICAYUNE
WIGGINS



IBJJF
INTERNATIONAL BRAZILIAN JIU-JITSU FEDERATION



MARCH

03 IBJJF HOUSTON OPEN
March 3 Houston, Texas

20 IBJJF PAN JIU JITSU CHAMPIONSHIP
March 20-24 Irvine, California

23 ALABAMA STATE CHAMPIONSHIPS
March 23 Orange Beach, Alabama

APRIL

06 IBJJF ORLANDO OPEN
April 6 Kissimmee, Florida

08 PROFESSOR JUCAO SEMINAR
April 8th - 14th Professor Jucao will host Seminars at various GU-Team Jucao Academies

MAY

04 IBJJF ATLANTA OPEN
May 4 Atlanta, Georgia

18 IBJJF DENVER OPEN
May 18-19 Gi and NoGi Denver, Colorado

FEBRUARY

09 IBJJF ATLANTA OPEN
February 9 Atlanta, Georgia

16 SEMINAR FOR JONATHAN KING
February 16 Ponchatoula, Louisiana Professor Rafael Ellwanger will be hosting a seminar

OG Mandino “Scroll Marked II”

I will greet this day with love in my heart.

For this is the greatest secret of success in all ventures. Muscle can split a shield and even destroy life but only the unseen power of love can open the hearts of men and until I master this art I will remain no more than a peddler in the market place. I will make love my greatest weapon and none on whom I call can defend against its force.

My reasoning they may counter; my speech they may distrust; my apparel they may disapprove; my face they may reject; and even my bargains may cause them suspicion; yet my love will melt all hearts liken to the sun whose rays soften the coldest clay.

I will greet this day with love in my heart.

And how will I do this? Henceforth will I look on all things with love and I will be born again. I will love the sun for it warms my bones; yet I will love the rain for it cleanses my spirit. I will love the light for it shows me the way; yet I will love the darkness for it shows me the stars. I will welcome happiness for it enlarges my heart; yet I will endure sadness for it opens my soul. I will acknowledge rewards for they are my due; yet I will welcome obstacles for they are my challenge.

I will greet this day with love in my heart.

And how will I speak? I will laud mine enemies and they will become friends; I will encourage my friends and they will become brothers. Always will I dig for reasons to applaud; never will I scratch for excuses to gossip. When I am tempted to criticize I will bite my tongue; when I am moved to praise I will shout from the roofs.

Is it not so that birds, the wind, the sea and all nature speaks with the music of praise for their creator?

Cannot I speak with the same music to his children? Henceforth will I remember this secret and it will change my life.

I will greet this day with love in my heart.

And how will I act? I will love all manners of men for each has qualities to be admired even though they be hidden. With love I will tear down the wall of suspicion and hate which they have built round their hearts and in its place will I build bridges so that my love may enter their souls.

I will love the ambitious for they can inspire me; I will love the failures for they can teach me. I will love the kings for they are but human; I will love the meek for they are divine. I will love the rich for they are yet lonely; I will love the poor for they are so many. I will love the young for the faith they hold; I will love the old for the wisdom they share. I will love the beautiful for their eyes of sadness; I will love the ugly for their souls of peace.

I will greet this day with love in my heart.

But how will I react to the actions of others? With love. For just as love is my weapon to open the hearts of men, love is also my shield to repulse the arrows of hate and the spears of anger. Adversity and discouragement will beat against my new shield and become as the softest of rains. My shield will protect me in the market place and sustain me when I am alone. It will uplift me in moments of despair yet it will calm me in time of exultation. It will become stronger and more protective with use until one day I will cast aside and walk unencumbered among all manners of men and, when I do, my name will be raised high on the pyramid of life.

I will greet this day with love in my heart.

And how will I confront each whom I meet? In only one way. In silence and

to myself I will address him and say I Love You. Though spoken in silence these words will shine in my eyes, un-wrinkle my brow, bring a smile to my lips, and echo in my voice; and his heart will be opened. And who is there who will say nay to my goods when his hearts feels my love?

I will greet this day with love in my heart.

And most of all I will love myself. For when I do I will zealously inspect all things which enter my body, my mind, my soul, and my heart. Never will I overindulge the requests of my flesh; rather I will cherish my body with cleanliness and moderation. Never will I allow my mind to be attracted to evil and despair, rather I will uplift it with the knowledge and wisdom of the ages. Never will I allow my soul to become complacent and satisfied, rather I will feed it with meditation and prayer. Never will I

allow my heart to become small and bitter, rather I will share it and it will grow and warm the earth.

I will greet this day with love in my heart. Henceforth will I love all mankind. From this moment all hate is let from my veins for I have not time to hate, only time to love. From this moment I take the first step required to become a man among men. With love I will increase my sales a hundred-fold and become a great salesman. If I have no other qualities I can succeed with love alone. Without it I will fail though I possess all the knowledge and skills of the world.

I will greet this day with love, and I will succeed.

Professor Hans Oberschmidt



Recent Promotion of Professor Hans Oberschmidt from Professor Rafael Ellwanger. This marks the 14th Black Belt under Professor Rafael's tutelage.

Professor Matthew Horde

Professor Matthew Horde rounds out the most recent of Black Belts awarded by Professor Rafael Ellwanger.



TECHNIQUE OF THE MONTH

Side Control Paper Cutter:



Establishing side control we put pressure on your opponent while closing the gaps.

Once side control is established the hand closest to the head grips the collar with your thumb inside the lapel.



As you reach below the shoulder to hold the Gi in place you come down with your elbow following through with the choking motion.

ACADEMY ANNIVERSARY

GU | TEAM JUCAO BAYOU LAFOURCHE BJJ
4 YEAR ANNIVERSARY - EST. FEBRUARY 1, 2015



Team Jucao
Bayou Lafourche



On February 1, 2015 we opened the doors to our Bayou Lafourche location. Branching off from GU Team Jucao Ascension and opening the Academy two hours away was an exciting time for our team. We began inside of a Crossfit gym, training two nights out of the week on three small personal roll out mats. We were able to move with the Crossfit gym into a much larger space where we also saw our classes increase. As our Bayou Lafourche Family grew, our schedule and need for our own place grew also. We ventured out to our own facility where we are now completely set up for future growth and having all of the wanted amenities we lacked in the other locations.

We currently have classes on Monday, Tuesday, Thursday and Friday (Open Mat). The range of students ages are from 4 years old to 60 years young. We have multiple competitors that regularly compete.

Our team down the bayou is more like a family. We are constantly talking and planning things to do together from training, to cooking, to fishing...we could go on and on. Opening up our Academy on Bayou Lafourche has been a wonderful experience and look forward to many more years as we celebrate this anniversary.

GU | TEAM JUCAO GEAR

TRAINING GEAR SOLD AT ALL ACADEMIES

'19

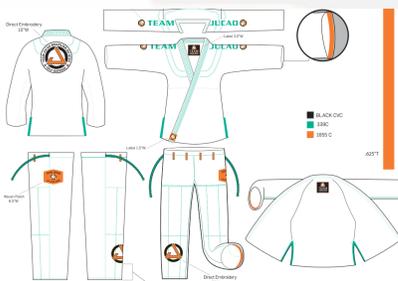
NEW ARRIVALS OF GU
TEAM JUCAO GEAR

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



GU BJJ T-shirt
\$25

GU United Strong
Rash guard
\$45



Fuji Women Gi Jucao
Edition - Teal
\$140

Ranked Team Jucao
Rash guard
\$45



Jucao Adult Gi
\$140

NoGi Shorts
\$45



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!

TOP 10 REASONS WHY CHILDREN SHOULD TRY MARTIAL ARTS

- 1) HELPS KIDS EXERCISE AND STAY FIT
- 2) IMPROVES THEIR SELF DISCIPLINE
- 3) HELP BUILD UP THEIR SOCIAL SKILLS
- 4) LEARN HOW TO SET TARGETS
- 5) BUILDS CONFIDENCE
- 6) MAKE NEW FRIENDS
- 7) LEARN THE VALUE OF TEAMWORK
- 8) SELF DEFENSE SKILLS
- 9) BOOSTS SELF ESTEEM
- 10) IT'S LOADS OF FUN!



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START LEARNING THE MOST COMMON PORTUGUESE PHRASES

Portuguese is a fascinating and melodic language that is thought to be the most happy language in the world. So, why not learn a few basic Portuguese phrases and expressions to enhance your general knowledge and become happier in the process?

With all of us immersed in this beautiful martial art known as Brazilian Jiu Jitsu we wanted to take some time to dive into some of the culture surrounding our wonderful art and lifestyle.

There's an infinite number of sentences in the Portuguese language that make learning Portuguese feel overwhelming. Let's stay optimistic. We have some good news: you only need to know a fraction of the total number of Portuguese sentences to be able to speak Portuguese fluently. For example, by knowing as little as 100 words you will understand 50% of any text in Portuguese. That's right! You don't have to know the ins and outs of Portuguese to have a real conversation with someone from Brazil.

The secret is to learn Portuguese the smart way. Start with the most common Portuguese phrases and expressions and build from there. Learning sentence after sentence, you'll feel one step closer to fluency. Then, to lock the knowledge in, use the Portuguese sentences you learned in real conversations. So, why not make the first step towards learning Portuguese today? Let's go over some common sentences in Portuguese you can learn right now. These are just a fraction of the phrases spoken by native Portuguese speakers, as we continue we will add more relating to BJJ.

TOP 5

1. Bom Dia

If you find yourself in Portugal or walking into an IBJJF even early in the morning it is always polite to say "Hi" because of its common tongue. "Good Morning" in Portuguese is "Bom dia".

TOP 5 PORTUGUESE SENTENCES YOU SHOULD KNOW

2. Boa tarde

But what if it's later in the day and you are in line for an Acai bowl? Well, "Good afternoon" in Portuguese is "Boa Tarde".

3. Meu nome é Jack

Let's say your name is Jack, and you are waiting in the warm up pit at the tournament. To introduce yourself you can say "Meu nome é Jack" which means "My name is Jack" in Portuguese.

4. Muito prazer em conhecê-lo

Now that you have introduced yourself, they would respond "Muito prazer em conhecê-lo" which means "I'm pleased to meet you" in Portuguese.

5. Gostaria de uma cerveja

And because you have just competed and want may want to rehydrate with an adult beverage you would say "Gostaria de Uma cerveja" which means "I'd like a beer" in Portuguese.



GU TEAM JUCAO

BRAZILIAN JIU JITSU

