

JUCAO SOUTH JOURNAL

July 2019
ISSUE 4 GU

GU BJJ TEAM 2019

NEW ORLEANS
INTERNATIONAL
OPEN
IBJJF JIU JITSU CHAMPIONSHIP 2019

Upcoming Events

TEAM JUCAO IN-HOUSE
BATON ROUGE OPEN
IBJJF WORLDS MASTERS
LOUISIANA STATE CHAMPIONSHIPS

CHAMPION

IBJJF Team Champions!!!

**IBJJF NOLA OPEN 1ST EVER
TEAM CHAMPIONSHIP**

The Obstacle is the Way

INSPIRATIONAL INSIDER



@TEAM_JUCAO_SOUTH

@GRACIEUNITEDBJJ

GU | TEAM JUCAO

WWW.CHAMPIONFACTORY.COM

PROFESSOR RAFAEL ELLWANGER



IN HOUSE

AUGUST 10TH

WWW.BJJHOME.COM

**CHAPPAPEELA SPORTS PARK
19325 - HIPARK BLVD
HAMMOND, LA 70403**

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

KENNER - NEWLY OPENED
AMITE - NEWLY OPENED
THIBODAUX - NEW OPENED

GARDENDALE, AL - COMING SOON
JENA, LA - COMING SOON



IBJJF



2019

WORLD MASTER

IBJJF JIU-JITSU CHAMPIONSHIP

MORE INFO:

**IBJJF
.COM**

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!





NEW ORLEANS
INTERNATIONAL 2019
OPEN
IBJJF JIU-JITSU CHAMPIONSHIP

CHAMPION



@TEAM_JUCAO_SOUTH

@GRACIEUNITEDBJJ



WWW.CHAMPIONFACTORY.COM



GU COACH'S CORNER

TREBA DAVIS - HATTIESBURG & WIGGINS
BLACKBELT UNDER PROFESSOR RAFAEL ELLWANGER

GETTING TO KNOW OUR LEADERS

Professor Treba, besides being a GU BJJ Team Jucao Owner/Professor, what do you do for a living?

- I am the General Manager at Anytime Fitness Wiggins, Owner and Head Instructor of GU-Team Jucão Hattiesburg and GU-Team Jucão Wiggins and currently seeking the Office of Stone County Circuit Clerk.

Tell us a little about your family.

- I have been married to my husband, Dave, for 29 years. We live on the farm where I was raised and have 1 son and 3 amazing grandsons. I come from a large family with 6 siblings and I have several nieces and nephews and great nieces and great nephews.

Why did you begin training Jiu Jitsu?

- I was invited to a seminar instructed by Prof. Rafael Ellwanger. I had never experienced martial arts of any kind and the seminar was amazing! I fell in love with Jiu Jitsu and started training for fun!

How has Jiu Jitsu affected your life?

- Jiu Jitsu has brought so many positives to my life... I have grown so much as a person since I began training Jiu Jitsu in 2006. I'm more self confident, more disciplined and I am a much stronger person mentally and physically. Sharing Jiu Jitsu with others gives me an amazing sense of accomplishment and I have made so many wonderful friends that I consider family. But most importantly.... Jiu Jitsu makes me better at life!

How has GU South MS helped the community in Hattiesburg and Wiggins?

- It's given both communities a family friendly place to share time with each other or by oneself.... our program helps foster a healthy lifestyle as well as build great character qualities..... it's an indoor sport so it can be done all year round.

What's your favorite Jiu Jitsu technique or position?

- There is so much amazing Jiu Jitsu, always so much more to learn... I'm not sure I have a favorite technique or position but I do like top half guard and chokes.

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

- When you watch a child, who is very timid and reserved, blossom into a confident, eager to learn, fun loving young person interacting with teammates, it is obvious why Jiu Jitsu is important for kids. Jiu Jitsu builds character, it gives structure and teaches discipline. It builds self confidence and strength... mental and physical... all of which helps you deal with whatever life brings your way.

What advice would you give someone just starting their Jiu Jitsu Journey?

- I would tell them to enjoy the journey.... to enjoy every aspect of their training. I would emphasize the importance of fundamentals and advise them to be open to instruction and correction. I would tell them to look for small improvements along the way because the small improvements come together to make their overall game better. I would tell them to be patient and train smart!



LOUISIANA STATE CHAMPIONSHIPS

NOV 2 2019

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

SPONSORED BY:



GAHAGAN LAW FIRM
EST. 2007
The Immigration Law Firm of New Orleans



FOR MORE INFO:

BJJHOME.COM

2019
BATON ROUGE
OPEN

**GI & NOGI JIU JITSU
CHAMPIONSHIP**

SEPTEMBER 21, 2019

BATON ROUGE HIGH SCHOOL

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

The Obstacle is the Way

We live in a world of increasing convenience where very little of our energy is devoted to real survival needs (shelter, clean water, and access to food). From the outside looking in one would think everyone around would always be happy and smiling because survival is an afterthought. However, we actually find much of the opposite, teen suicide is at its highest point in decades. Record numbers of adults on prescription antidepressants and anti anxiety medications.

There is an old African Proverb that states, "When there is no enemy within, the enemy outside can do you no harm." Our brains are built to prioritize survival and problem solving. Because our cognitive organ is so good at these skills, if we don't have real survival issues, it will look for opportunities to use them subconsciously. This may create what many people think of as stress. Scientific data has shown the absolute best remedy for this level of stress is high intensity exercise. The endorphin release (brain chemicals) we get after a high intensity exercise session not only calms our mind, it also has many other health benefits, including improved blood pressure, metabolism, and digestive health.

A great benefit of Jiu Jitsu is the mental toughness & problem solving skills. We learn to embrace the difficult & uncomfortable situations knowing it will lead to personal growth & a new skill set in our Jiu Jitsu game. Kids & white belts, as well as much of our time at blue belt, we focus so much on where we "CAN'T move" in controlling pins & submissions. Take Side Control or Mount escapes for example. Early in our training many of us are consumed with the discomfort of not being able to move. As we develop & learn our techniques & patterns of escape, we learn to shift our focus on finding the smallest amount of space where we "CAN move" & create a little more space until we find our path to a better position. Professor Ninja talks about Jiu Jitsu being a "throw blanket" that's just a little too small to cover all the control points at once. Depending on our focus & perspective, this could either be a challenge or an opportunity.

I believe the greater gift comes from our ability to shift our perspective and look at a problem from the whole, not just where we are experiencing discomfort. If you think about the average person, so much of their time is spent avoiding discomfort & fear, they leave much of their life un-lived to the things that may give us great joy.



AUGUST

10 TEAM JUCAO IN-HOUSE
Hammon, LA

21 IBJJF WORLD MASTERS
Las Vegas, NV



SEPTEMBER

21 BATON ROUGE OPEN
Baton Rouge, LA

NOVEMBER

JULY

20 IBJJF AUSTIN OPEN
Austin, TX

2 LOUISIANA STATE CHAMPIONSHIPS
Baton Rouge, LA

27 IBJJF ORLANDO OPEN
Kissimmee, FL

GU | TEAM JUCAO GEAR

TRAINING GEAR SOLD AT ALL ACADEMIES

'19

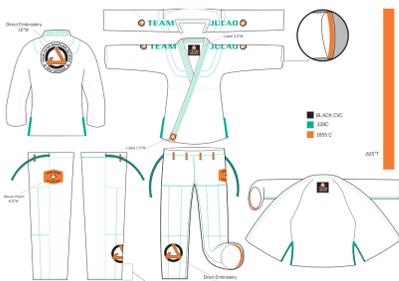
NEW ARRIVALS OF GU
TEAM JUCAO GEAR

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

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!

