

March 1, 2019

ISSUE 2 GU

# JUCAO SOUTH JOURNAL

GU BJJ TEAM 2019

## Academy Spotlight

**GU TEAM JUCAO HATTIESBURG**

## Upcoming Events

ALABAMA STATE CHAMPIONSHIPS

COACH'S CORNER

Professor Trey Howard





**PROFESSORS LEADING THE  
WAY BRINGING QUALITY  
BJJ TO THE SOUTH**



# GU COACH'S CORNER

PROFESSOR TREY HOWARD - GU BJJ TEAM JUCAO BLACK BELT  
UNDER PROFESSOR RAFAEL ELLWANGER

## GETTING TO KNOW OUR LEADERS

Professor Trey, as our longest Black Belt Owner outside of Professor Rafael, we were able to sit down and get to know a little more about our great friend Professor Trey!

### What do you do for a living?

Me and my father have a mechanic shop in Slidell which is my full time job. We opened in 2000, and I enjoy going to work side by side with my dad every day!

### Tell us a little about your family.

I am married to my beautiful wife Rebekah (We just celebrated our 18th wedding anniversary on February 10th) and we have two daughters, Mia and Sunny.

### Why did you begin training Jiu Jitsu?

I started training bjj because I was tired of going to a traditional gym. I originally started off doing a kickboxing class but it didn't take long for Professor Rafael to twist my arm (literally) And get me to try BJJ. I was hooked after the first class.

### How has Jiu Jitsu affected your life?

BJJ has affected my life in many ways. Not just the health and physical fitness part of it. But being able to teach others how to protect and defend themselves and helping future generations build confidence.

### How has GU Slidell helped the community in Slidell?

Gracie United Slidell has helped the community by providing free self defense classes to realtors, teachers, people in the service industry (waiters and bartenders) and over all just trying to be a positive example to everyone who encounters our programs. I love seeing the many kids and teens we teach be kind and help others through bjj.

### What's your favorite Jiu Jitsu technique or position?

Not to sound "cliche" but my favorite technique or position is whatever works. With that being said, I love putting a ton of top pressure on someone and seeing that look in their eyes where they just give up. Chokes are definitely my favorite. Everyone has to tap when being choked or

they go to sleep. Being double jointed doesn't help you not get choked.

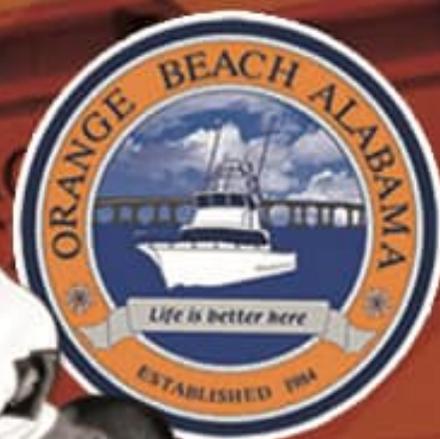
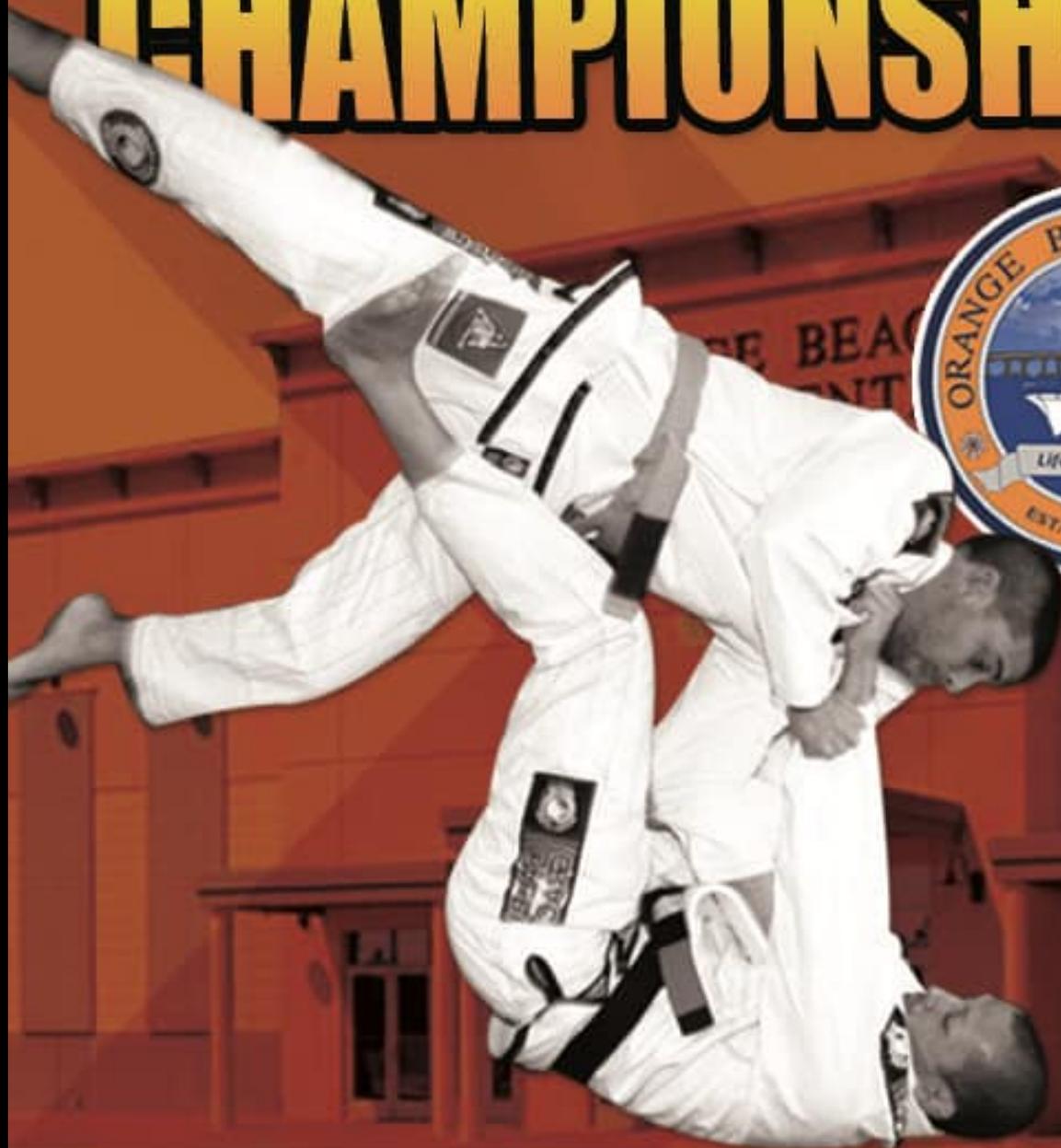
### Why do you think Jiu Jitsu is important for kids & families?

Bjj is important for kids and families for quite a few reasons. One is problem solving skills. I'm bjj you will be out in all kinds of uncomfortable positions and will need to stay calm and figure out an escape. With that being said I believe confidence is one of the biggest assets you will gain while training bjj. That to me is priceless.

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

My advice for someone who is just starting their bjj Journey is to be patient and enjoy the ride. BJJ is a marathon, not a sprint. Some things will come easy, some will be very difficult. But in time it all comes together. It's a beautiful martial art that you can do for your entire life. Don't worry about belts, getting tapped or tapping someone else. Just enjoy the ride. It's a roller coaster of emotions, enjoy them all.

# BRAZILIAN JIU-JITSU ALABAMA STATE CHAMPIONSHIPS



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**ORANGE BEACH EVENT CENTER**

**4671 WHARF PARKWAY**

**ORANGE BEACH, AL 36561**

**MARCH 23, 2019**

[www.bjjhome.com](http://www.bjjhome.com)

# 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?

Alabama

JASPER WINFIELD



# ACADEMY SPOTLIGHT

GU | TEAM JUCAO HATTIESBURG





**IBJJF**  
INTERNATIONAL BRAZILIAN JIU-JITSU FEDERATION



# 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

# 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

# 04

**IBJJF ATLANTA OPEN**  
May 4 Atlanta, Georgia

# 18

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

# GU | TEAM JUCAO GEAR

TRAINING GEAR SOLD AT ALL ACADEMIES

'19

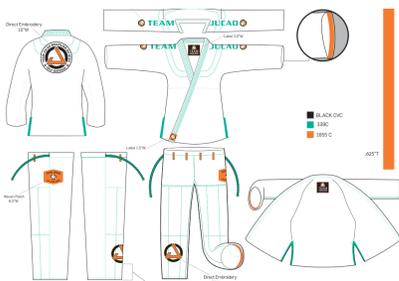
NEW ARRIVALS OF GU  
TEAM JUCAO GEAR

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!

# 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!



[WWW.CHAMPIONFACTORY.COM](http://WWW.CHAMPIONFACTORY.COM)

 @TEAM\_JUCAO\_SOUTH

@GRACIEUNITEDBJJ 



# 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?

In our article last month we took general sentences and broke them down for you. In this section we will begin to cover the common terminology used during Brazilian Jiu Jitsu events. 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.

# TOP 5

## 1. Combate (com-ba-tchee)

This signifies the start of your BJJ Match. The Referee will extend an arm forward and lower to point to the ground with the verbal command: Combate

## 2. Parou (pa-row)

This is when you are trying to finish a takedown, but your opponent runs out of bounds. In all seriousness this is to pause the fight, stop time and for time out. Arms extended to Left and Right at shoulder level.

## 3. Lute! (lu-tchee)

Arm corresponding to the penalized athlete pointed to their chest followed by raising fist to shoulder height.

## 4. Segura o posição

You may hear this while down on points and your opponents professor is screaming this so that they hold on for dear life to win the match. Segura o posição means "Hold the Position"

## 5. Cem Kilos

While in Side Control this term is used when securing undertook and cross face clasp hands. Literally meaning 100 kilos, you are smashing down on your opponent.

# TOP 5 PORTUGUESE SENTENCES IN BJJ YOU SHOULD KNOW



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# GU TEAM JUCAO

BRAZILIAN JIU JITSU

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