

Going to a class at...



Notes to Caregivers

- This social narrative is meant to help prepare your child for their first Brazilian Jiu Jitsu class at Tavarez Martial Arts.
- The dojo space is in the back of Peak Fitness Club; you can enter through the main door of the gym, or there is also a side door available.
- When properly employed, Jiu Jitsu can build fitness, confidence, discipline, and self-defense skills. However, Jiu Jitsu is very physical. Jiu Jitsu positions and moves include holds with other class participants. If your child does not like to be touched, Jiu Jitsu may not be the right fit. Please feel free to reach out to Coach Juan in advance with any questions or concerns you may have.



Soon, I will be starting Brazilian Jiu Jitsu classes at Tavaréz Martial Arts!

Martial Arts studios are called **dojos**.

This is the dojo where my class will be.

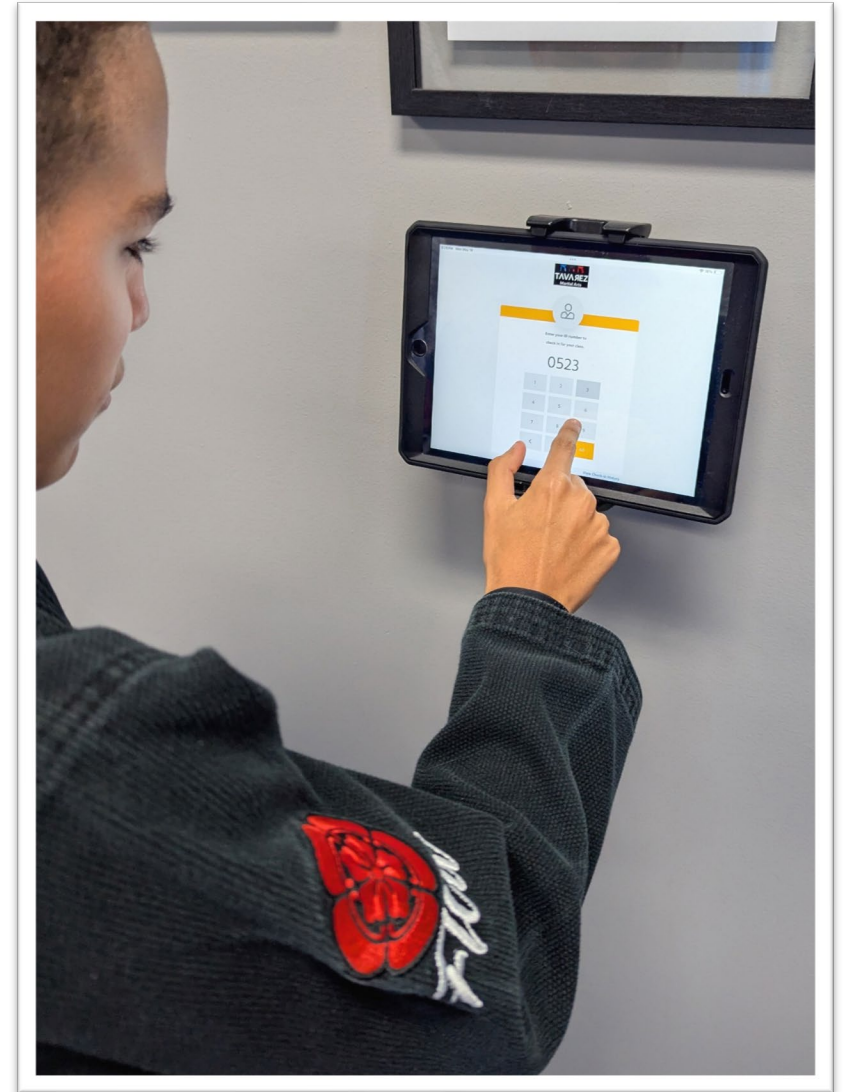
I will wear a **gi**, which is the traditional uniform for Jiu Jitsu.

There are no shoes allowed on the mat.



A pin number will be assigned to me
when I start classes.

At the beginning of each class, I will
sign in on the iPad with my pin number.



This is Coach Juan. He will be
teaching my class.

There may be other teachers who
help out, too.



Coach Juan will begin class by having us line up and bow.

Bowing is a sign of respect for each other and for our Jiu Jitsu practice.



Next, we will do some warm up exercises, to get our minds and bodies ready for our practice.



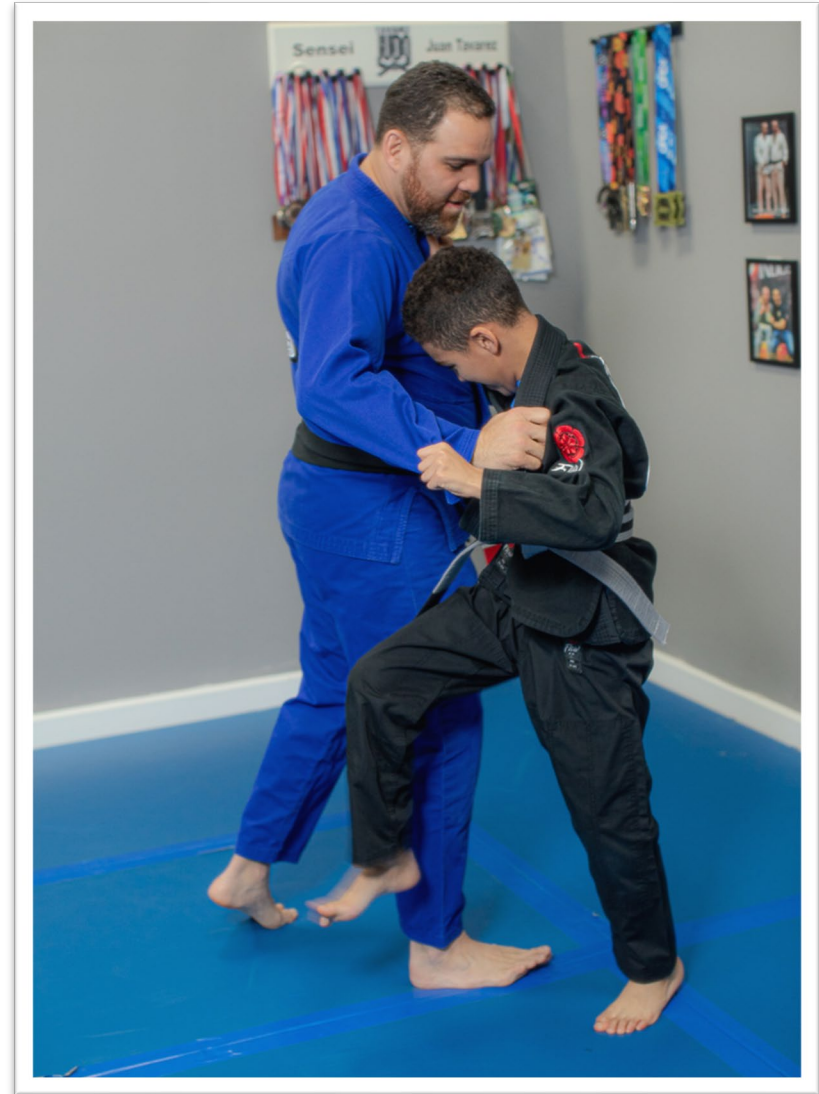
Sometimes, the coaches will ask us to line up against the wall.

This is so they can show us the moves we will be working on.



It is important to listen quietly and watch carefully when the coaches are giving instructions or showing us a move.

This is so we can do the move the right way to make sure no one gets hurt!



Sometimes, we will be asked to work with a partner.

The coaches will help pick the partners so that they are near the same age and skill level.



During practice, the coaches will walk around and watch us. They may give us more instructions to help us with our form and technique.

They will also encourage us when we are doing a good job!



Sometimes, Brazilian Jiu Jitsu can get hard.

I might get frustrated or upset if I am having trouble with a move, or if my partner is beating me.

It is important to remember that everyone is here to learn and have fun!

I will try my best to do the moves, but I can always tell Coach Juan if I am feeling overwhelmed and need a break.

If I am stuck in a move, Coach Juan will teach me how to “tap out.”



The dojo can also get loud sometimes!

I can wear my headphones if I need to.



Throughout class, there will be a timer to signal the transition from one activity to the next.



At the end of class, we will line up and bow again.

Thanks Coach Juan! See you next time.



This social narrative was made in partnership with the Center for Autism and Related Disabilities at the University of South Florida (CARD-USF). To learn more about CARD, please visit:

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