

P.E 217

Syllabus

Armando Sanchez

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Thank you all for registering, I look forward to having a great semester. I have been doing martial arts for 25 years. I am a current brown belt from Aloisio Silva out of Manhattan Beach. I have trained with many great Jiu jitsu practitioners and have fought professionally. This is an intro to Jiu jitsu class and we will be leaning many of the basics and some advanced techniques.

What to wear: any gym clothing is fine but I would strongly encourage that if you do wear shorts I would invest in some cloth knee braces or wear compression pants under the shorts. The mat we have is carpet and rug burs will be our biggest challenge. Also I would recommend long sleeve t-shirts but not mandatory.

What not to wear: No jewelry, no shoes on the mat. No phones on the mat once class starts

Office hour: I will be available for office time a half hour before class starts and half hour after class. I can also be reached by email.

Grading: grading will be very basic, just show up and have fun. There will be no final for this class. As long as you show up you pass. If you miss a lot of classes then I will have to drop your grade by 1 or 2 letters depending on how much you miss. 3 absences will drop it 1 letter grade more than that and it will drop 2 letter grades