JT6 CLASS BREAKDOWN

Discover confidence, movement and fun on the mats!

01 | WELCOME & CHECK-IN

- Line up and say hello
- Short group chat about the day's focus

02 | WARM-UP

- Light jog, knee ups, heels and arm circles
- Shrimping (hip escape)
- Technical stand-up
- Break-falls (safe ways to fall)
- Forward & backward rolls (with support if needed)
- Animal walks (bear crawl, crab walk, frog hops)

03 | TECHNIQUE

Learn one key position or movement, step-by-step!
Examples:

- Basic Controls and Sweeps
- Self Defence Movements

04 | PARTNER PRACTICE

Students work in pairs or with an instructor to:

- Practice slowly and safely
- Focus on control, teamwork, and communication
- Get feedback and guidance

05 | GAMES / ROLLING

Time to apply what we've learned—playfully and safely!
Games may include:

- Guard Pass Game, Hold the Mount Challenge

As comfort grows, light rolling may be introduced under instructor supervision.

06 | GOODBYE & WRAP UP

- Line up & announcements
- High-fives to finish strong!

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