





# Kids Power Camp: Guard Passing Extravaganza!

July 25th - July 27th

 **Early Bird Deal:** Grab your spot for just **\$99!** (After July 10th, it's \$149, so don't wait!)

 **FAMILY FUN DISCOUNT:** Use code "**family25**" when signing up 2+ champs and *slash* 25% off your total!

## Why This Camp is a **TOTAL GAME-CHANGER!**

Whether your kid's a Jiu Jitsu newbie or a grappling guru, **Guard Passing** is the secret sauce to dominating on the mat! Picture this: they nail a takedown, but now what? They've gotta slice through their opponent's guard like a ninja to lock in that top spot! Our camp breaks down those tricky four-point frames into super simple, mega-effective moves that'll have them passing guards like pros.


### What's in Store?

- Fun, easy-to-learn guard passing tricks
- Skills to level up their grappling game
- Perfect for **Ages 5+** – no experience needed!
- A blast for beginners and seasoned mini-martial artists alike

## Don't Miss Out!

This is *THE* camp to supercharge your kid's Jiu Jitsu journey! Spots are filling fast, so snag that **Early Bird Pricing** and bring along friends or siblings for the **Family & Friends Discount!**












 **Got Questions?** Shoot us an email at [info@simsdojo.com](mailto:info@simsdojo.com) – we're pumped to help!

Sign up **NOW** and let's get ready to **PASS, GRAPPLE, and WIN!** 












# Kids' JiuJitsu Camp Schedule

## Friday: 4:00 PM - 6:00 PM

-  4:00 PM - 4:15 PM: Warm-up to get those muscles ready!
-  4:15 PM - 4:30 PM: Learn the first move (Rolling into Kimura) and drill it! 
-  4:30 PM - 4:45 PM: Review if needed, introduce second move (Rolling and completing), then drill again!
-  4:45 PM - 5:00 PM: Review, answer questions, and take a quick water/bathroom break 
-  5:00 PM - 5:15 PM: Introduce leg drag into twister side, then drill!
-  5:15 PM - 5:30 PM: Show the second part, then drill some more!
-  5:30 PM - 5:40 PM: Review if needed, answer questions, drill again if necessary!
-  5:40 PM - 6:00 PM: Live drilling (pass, sweep, or submit), high intensity, two groups! 

## Saturday: 1:30 PM - 3:40 PM

-  1:30 PM - 1:45 PM: Warm-up to kick things off!
-  1:45 PM - 2:00 PM: Introduce first move (Rolling Guillotine, first half), then drill!
-  2:00 PM - 2:15 PM: Review if needed, show second half, then drill!
-  2:15 PM - 2:30 PM: Review, answer questions, and take a bathroom break!
-  2:30 PM - 2:45 PM: Introduce Anaconda (first half), then drill!
-  2:45 PM - 3:00 PM: Review if needed, show second half, then drill!
-  3:00 PM - 3:10 PM: Review and answer questions!
-  3:10 PM - 3:40 PM: Live drilling (pass, sweep, or submit), high intensity! 



## Sunday Funday: 11:00 AM - 12:30 PM 🎉

- 🥋 11:00 AM - 11:10 AM: Drill Rolling Kimura and show what you've got!
- 🦶 11:10 AM - 11:20 AM: Drill leg drag to twister side and shine!
- 🐍 11:20 AM - 11:30 AM: Drill Rolling Guillotine and impress!
- 🐍 11:30 AM - 11:40 AM: Drill Anaconda and rock it!
- ✨ 11:40 AM - 11:50 AM: Each student picks one learned move to show the class! 😎
- 🎲 11:50 AM - 12:00 PM: Fun games to keep the energy high!
- 🥋 12:00 PM - 12:30 PM: Live rolling to wrap up the camp! 🏆