

# EIGHT WEEKS TO EXCELLENCE

Eight weeks to a smarter, faster,  
healthier, you.



# Jiu-jitsu life skills journal

Congratulations on taking the time to invest in yourself! Through this program, you will receive eight weeks of Brazilian jiu-jitsu training that will enable you to defend yourself, increase your confidence, and prepare you to handle life. Our instructors can make anyone into a good martial artist, but we know it is much harder and much more important to make you into a good person. During the next eight weeks you will have daily challenges designed to test your character and self-discipline. This program is not easy. It will make you work hard, but if you persevere you will be rewarded and accepted into a very small circle of martial artist who have trained their bodies and minds to be unbreakable. Are you ready?

The rules are simple, you have eight weeks to complete every challenge in this packet. You may complete them in any order and as quickly or slowly that you please. You must complete every challenge, no partial credit, it is all or nothing. For your Acts of Kindness and Acts of Discipline you must write a brief description of what you did and have a parent initial. For your Acts of Fitness and Acts of Health your parents must initial each box, no description is necessary. For your Acts of Education and Acts of Community, you will have to be honest and complete them with your parent's help. Your parents have the ultimate say in what they consider to be an acceptable act. If they say it's good, it's good. If they say it's not good enough for them, it's not good enough for me.

Good Luck and remember, "Gracie jiu-jitsu represents the triumph of human intelligence over brute strength." -Helio Gracie




# AOD

# 40 Acts of Discipline

Examples: Exerting self-control over your actions and behavior. Doing chores without prompting. Eating healthy. Making positive choices about what you eat (fruits, veggies, water vs. soda, candy, deserts). Following house rules without reminders. Turn off TV and do a sport or activity.

[illegible]


# AOF

## Acts of Fitness

Each day for 30 days you must take the time to do 20 Jumping Jacks, 10 pushups, 15 squats, and 10 burpees.

[illegible]





# AOC

## Acts of Community

Be a mentor. Your task is to find someone to play with, teach, or have fun with, for at least a half an hour, who may be a little younger than you, be patient and kind.

Who did you mentor:

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What did you do:

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