

Mini-Warrior BJJ Kids Curriculum

powered by AMALAB (Age 4~12yr)





Brand Introduction

Brand Intro



AMA = Any Martial Arts

Founded in 2019, our brand philosophy is derived from Bruce Lee's famous quote "Be water my friend". It means to be like water—soft yet strong, full of changes, able to bend and stretch, and never yielding to difficulties.

We adhere to the teaching tenets of "professionalism, safety, and science", with the teaching themes of "improving athletic performance, learning self-protection skills, and achieving all-round physical and mental growth".

Our main training programs include boxing, Brazilian jiu-jitsu, Muay Thai, MMA (Mixed Martial Arts), yoga, and functional training, etc.

We have two venues located in the Grade-A Oriental Financial Center and Hepingli Tianyuan Heping Commercial Building respectively. Equipped with a high-level coaching team and strong business operation capabilities, our foreign coaches are from countries where mainstream martial arts originated, boasting rich practical and teaching experience.



Gym Location (Lido)



到达指南 Arrival Guide



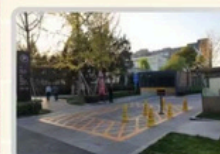
公共交通

- 地铁: 12号线将台西站A口, 出门走路预计5分钟到
- 公交站:
四得公园站 (416)
丽都饭店站 (408/916)



开车

- 定位: 【东方金融中心】
- 地下停车场位于B2, 通过直梯可直达B1层
- 离开时可领取【停车券】, 最多免费停车2小时



正门

- 旋转门进入后, 可乘扶梯直接下到B1
- 下到B1后向后转身即可看到 AMA LAB 格斗实验室门头



CONTACT US

- 详细地址: 北京市朝阳区丽都花园路5号东方金融中心B1-109
- 工作时间: 10:00-21:00
- 联系电话: 18611740792
- 邮箱: kevinanmma@gmail.com



AMA LAB 格斗实验室



Gym Location (Hepinggli)



到达指南 Arrival Guide



公共交通

- 地铁: 和平里北街地铁站 **C口** 出向和平里中街左转向东行走200米
- 公交站:
和平里路口北 (123)
和平里路口西 (104)



开车

- 定位 **【天元和平商业大厦】**
- 目前大厦没有固定停车位, 门前单行道需向东寻找临停位置
- 最近公共停车场在【东单菜市场西街店门前】步行300米向东到达



步行

- 进入天元和平大厦 **西门** (和平里第一小学侧, 临近爱霖护肤造型)
- 进入后坐直梯上六楼 (电梯直走20米右手边门店)

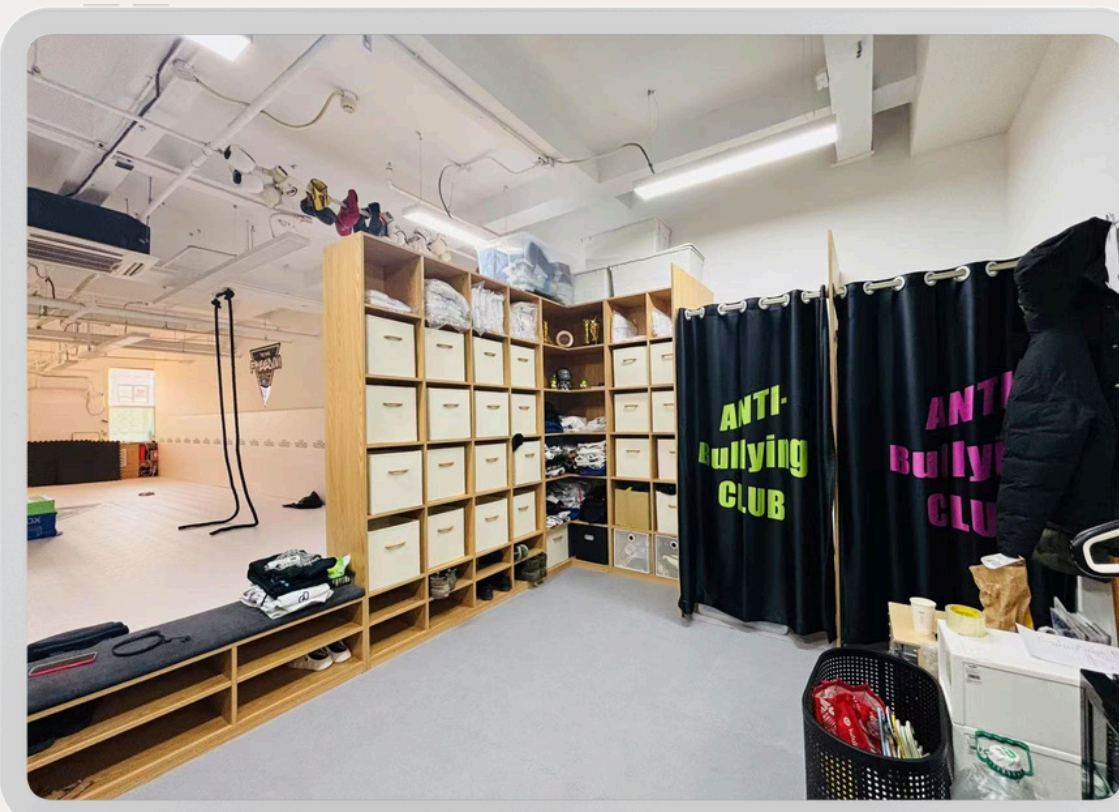


CONTACT US

- 详细地址: 北京市东城区和平里中街21号二幢 **6层** 623室
- 工作时间: 12: 00 ~ 9:00 pm (具体咨询)
- 联系电话: 13810708012



行至
巴西柔术



Brand Recognition



Collected in Dianping Platform for 6-year

- # No.1 Ranking of Good Comments Listing of The Martial Art Segment in Wangjing
- # No.2 Ranking of Good Comments Listing of the Whole City
- # 4.9 Stars Scoring (top performance in the platform)



Brand Recognition



Competition Team Performance

#No.1 Ranking Competition Team of BJ
#Top 10 Ranking Competition Team in China

Brand Recognition | Media Coverage

Singapore
29°C

CGTN
See the difference

Language
SIGN IN

Radio

TV

Cultural exchange on the mat: Brazilian jiu-jitsu in China

Video • 14:41, 05-Jul-2025

Translate

Share



05:15

丽都会客厅

消息 视频号 服务

5月1日

活动回顾 | 异业合作进行时，解锁商圈新玩法

阅读 296 赞 3 1个朋友分享



Covered by various medias, from community government to CGTN, or renowned sporty communities

TRAINER

Yoyo
「oursone 围岛」
阿斯汤加瑜伽传承人
十年习练沉入时间河流
习练，一切会随之而来

Yulin
「oursone 围岛」
规律的阿斯汤加瑜伽习练者
专注阿斯汤加瑜伽教学

Vivi
「AMALAB」
「AMALAB」巴西柔术教学主管
中国最早一批任教的巴西籍女子黑带三段
女性防身术与反校园暴力柔术者

Chong
「SHUNYA 浔愈」
用音乐抚想心灵的正念音乐师
让每个音符化作治愈的力量

Lucy
「SHUNYA 浔愈」
整体共振音乐师
以温暖频率编织身心共鸣场域
让声音的涟漪抚平每一寸紧绷神经

凉茶先生
「oursone 围岛」
动物流官方认证导师
10年运动领域教学经验沉淀
带你激活身体原始力量!

Nina
「theleague」
“爱城市里的创造，也爱山谷里的清风”
INFP身心整合，整体健康探索者

David 廖威
「theleague」
运动，是他探索完整身体
及生命历程的生活方式

小熊
「theleague」
阳光、帅气、自信
科班体育生大男孩的标准模范

贡存
「精武学堂」
多年来始终深耕于武术领域
以持之以恒的毅力与对传统文化的热爱
也在健身气功的修习之路上不断探索
2024 北京市健身气功八段锦个人赛第二名

bo

shunya 浔愈

精武学堂

theleague

oursone

International Coaches



Vivi

#Black Belt 3rd Degree
#Promoter of Self-
defense Program
#Full Time BJJ Teacher
in Inter national
School Shanghai /
Abu Dubai / Portugal



Bruno

#BJJ Black Belt 1st
Degree
CBJJE World
Champion
#Training BJJ Since
10 Yr and earned
black belt at 21 Yr



Oscar

#2009 Moscow Youth
Boxing Championship
#2015 European Youth
Boxing Championship
#2012 European Youth
Boxing Championship
#Trained Boxing Since
7-year-old



Anthony

#BJJ Black Belt 2nd
Degree
#Brazilian CBJJE
Champion
#World CBJJE Champion
#Founder of The Real
Freedom BJJ Academy

Local Coaches



Yang

#BJJ Blue Belt 3rd Degree
#5 years of BJJ training
#2024 AJP Beijing Gold
#Graduate of the Central Academy of Fine Arts



Zoey

#BJJ Blue Belt 3rd Degree
#5 years of BJJ training
#2024 AJP Beijing Gold
#4 year of bjj Kids teaching experience
#Graduate of Language at Beijing International Studies University



Nanyu

#BJJ Purple Belt
#APEC Youth Strength & Conditioning Training
#ACE Youth PT Certificate
#NSCA-CPT Conditioning Training Expert Certificate
#4+ year of kids BJJ training experience



Yunbo

#BJJ Brown Belt
#7 Year+ BJJ training
#2023 ASJJF Tokyo Champion
#2023 JBJF Runner-UP
#HIPO Special Kids Training Coach (ASD/ADHD)

Educational Institute Partners

SPRING
思普润

×

AMA
LAB 格斗实验室



SPRING X AMA LAB

小小武士

从运动能力到内在自信
让孩子挑战自我 为身体注入力量
拥抱全新的成长体验

6月18日 下午 4:30
6月23日 上午 11:30

参与孩子年龄阶段
3岁以上

邀约人数
8组 (建议爸爸陪同)

费用
扣课一节



教练: Hana
· 巴西柔术蓝带2段
· 习练柔术5年+, 儿童教学3年+
· 医学专业 - 三甲医院临床6年



教练: Yun Bo
· 柔术紫带 习练柔术7年+
· 2023 ASJJF 东京紫带冠军
· 2023 JBJJF 修斗杯横滨紫带亚军
· 2023 JBJJF groundimpact 东日本季军

地址: 思普润蓝色港湾店

BBU Club
Of Supersar Mother
明星妈妈私想会

WOMENEMPOWER
BRAZIL
JUIJTSU | 柔术

巴西柔术女性专场

7月6日
16:30-18:00PM

活动时间: 1.5小时(分享+训练)
活动地点: 北京国贸商场中区4层CL4001BBUClub
活动人数: 8位(妈妈)
活动内容: 儿童反欺凌主题分享+柔术体验(专业女生柔术教练 X2)



BJJ Self-Defense
少儿柔术勇士

- 反霸凌及自我保护 / ANTI-BULLYING & SELF-DEFENSE
- 纪律及尊重 / DISCIPLINE & RESPECT
- 自信社交 / SOCIAL-CONFIDENCE

Instructor / 讲师



Hana

- 前北京知名三甲医院医师 Former anaesthetist at a renowned top-tier hospital in Beijing
- IBJJF 亚锦赛 - 金牌 & 无差银牌 IBJJF Asian Championship Gold Medal & Open weight-Silver Medal
- AJP TOUR 北京 双金牌 AJP TOUR BEIJING--Double Gold Medal



对于孩子们, 我们通过游戏和基本动作来介绍巴西柔术, 直到他们变得投入并充满自信。
第1周到第10周 | 我们通过游戏来培养他们的姿势、协调性、平衡感、速度和注意力, 以及目标的征服。
第10周到第18周 | 我们通过游戏来进行格斗和自卫训练



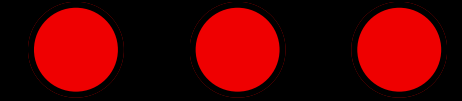
For kids, we introduce BJJ through games and basic moves, helping them become connected and confident
Weeks 1 to 10 | we play games to develop posture, coordination, balance, speed, attention, and the ability to conquer objects
Weeks 10 to 18 | we play games focused on combat and self-defense





伊顿环球童学

Educational Institute Partners



PARENT WORKSHOPS 家长晨聚

2025 年 1 月 2 日 / 周四 / 早上 8:30-10:00

幼儿生长发育及运动特点

- 幼儿生长发育规律
- 幼儿体能训练的方式和误区
- 儿童科学体能训练及运动促进
- 教练现场互动体验



- 嘉宾: 南宇
- AMALAB格斗实验室体能训练负责人
- 巴西柔术紫带
- APEC青少年体能训练认证
- ACE 青少年训练认证
- NSCA-CPT美国体能认证



- 嘉宾: 李智
- 康复治疗师
- JOINT.HEALTH关节损伤康复认证
- IDEAL.PERFORMANCE综合训练师
- SPINE.REHABILITATION脊柱康复认证
- 健身教练 国家职业资格
- 全国田径锦标赛保障物理治疗师
- 高级运动营养师 全国专业人才储备工作委员会

地点: 家育苑亮马园



Grow with purpose,
peace and love.

BJJ Self-Defense 少儿柔术安防

- 反霸凌及自我保护 \ ANTI-BULLYING& SELF-DEFENSE
- 纪律及尊重 \ DISCIPLINE&RESPECT
- 自信社交 \ SOCIAL-CONFIDENCE

Instructor
讲师



Vivi

- 防身术与反校园暴力柔术推广教练/Self-Defense and Anti-bullying BJJ Promotional Coach
- 迪拜总统护卫队成员/Member of the Dubai Presidential Guard
- 巴西柔术裁判员/Brazilian Jiu-Jitsu Referee



对于孩子们, 我们通过游戏和基本动作来介绍巴西柔术, 帮助他们建立联系并充满自信:

第1周到第10周: 通过游戏培养孩子的姿势、协调性、平衡感、速度、专注力以及目标达成能力。

第10周到第15周: 通过游戏进行格斗和自卫训练。

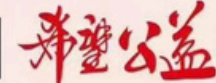
For children, we introduce Brazilian Jiu-Jitsu through games and basic movements to help them become engaged and confident:

Weeks 1 to 10: Games to develop posture, coordination, balance, speed, attention, and the ability to achieve goals.

Weeks 10 to 15: Games focused on combat and self-defense training.



For more information



LOOK!

柔术与孤独症: 激发人生潜能的乐学前沿之旅

分享星宝嘉宾

Kenzo Karakawa

- 4岁确诊孤独症
- 坚持柔术训练12年
- 14年全日本灰带积分赛冠军
- 15年美国 Pan Kids冠军
- 2023东京独立生活柔术就业



座谈时间

11/30 14:00-16:00

座谈内容

- 专家分享: 乐学前沿总监 Tara
- 嘉宾分享1: Kenzo Karakawa
- 嘉宾分享2: 北京希望基金会负责人 蒋老师
- 柔术体验



扫码报名

地址: 朝阳区东柏街11号乐成国际学校-幼儿园4层

咨询电话: 13263191459

Corporation Partners

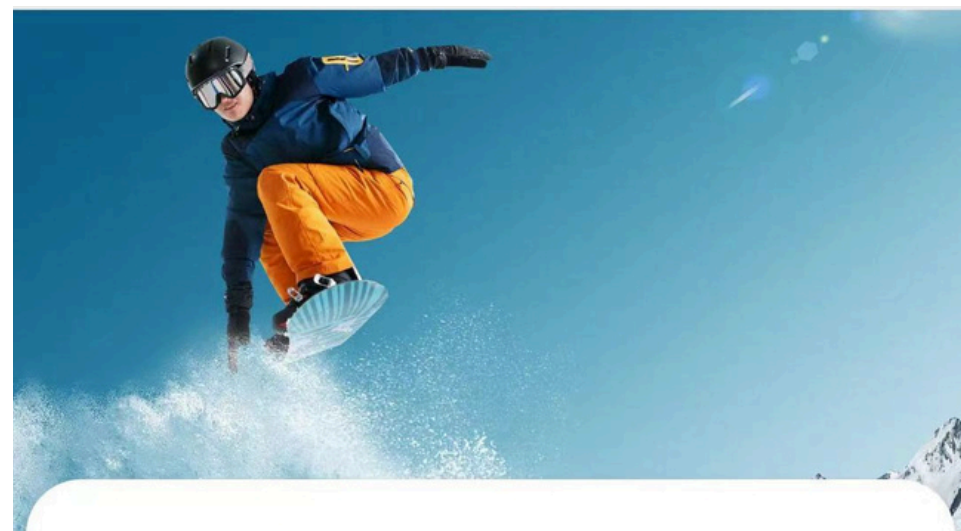


Business Partners like 500 fortune company selected training partners for their employee



SIEMENS

Corporation Partners



潮流运动商户专属优惠

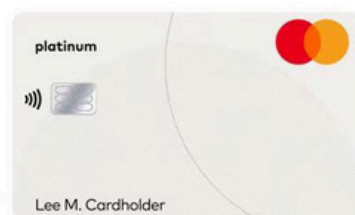


万事达卡市场推广活动

权益适用卡种



金卡



白金卡



Lee M. Cardholder



持卡有礼

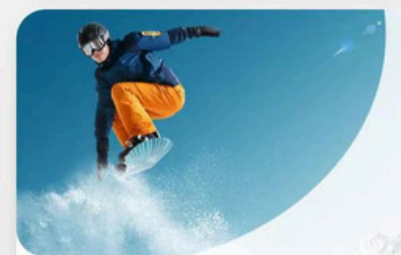
用卡有礼



米其林餐厅预订礼遇



境外精品餐厅预订



潮流运动商户专属优惠



比斯特中国购物村会籍匹配



The Only gym
selected for
Master Card
City Fashion
Sport Benefits
partners in
Beijing



Customized Curriculum / Camp



安 防 夏令营

AMALAB 格斗实验室

情景化
安防
教学

手腕
抓握
逃脱

站立
击打
反击

摆脱
骑乘
压制

正面
锁喉
逃脱

背后
搂抱
逃脱

【课程时间】

一期 07.15 - 07.19

二期 07.22 - 07.26

三期 08.19 - 08.24

(每天09:30-11:30)

【课程内容】

课程结合 **拳击** 与 **柔术**

从体能到技术双提升

从站立到地面两种场景学习

1人行 --- ¥2999/期/人

2人行 --- ¥2599/期/人

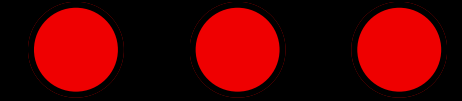
3人行 --- ¥2299/期/人

“与反霸凌技术同样重要的是
拥有分辨欺凌的意识
面对欺凌说“不”的勇气
在真实对抗下日渐成长的自信”



5A级写字楼 | 中英双语教学 | 精品小班课

Selected Partners



YCIS



BEIJING CITY INTERNATIONAL SCHOOL
北京乐成国际学校



DAYSTAR ACADEMY
启明星双语学校

SPRING
思普润



德闳教育

DEHONG EDUCATION



Curriculum Introduction

About BJJ and Our Programs



What is Brazilian Jiu-Jitsu (BJJ)?

Brazilian Jiu-Jitsu is a martial art and combat sport focused on ground fighting, grappling, and submission techniques (e.g., chokes, joint locks).

Why Kids Should Train BJJ?

1. Self-Defense Skills
2. Physical Development
3. Mental & Emotional Growth
4. Social Skills
5. Confidence & Self-Esteem
6. Stress Relief

***Program for mini-kids from 3-6yr is more fun with games & body coordination training, 7-12yr will be more focusing on technique & sparring, competition will be a good way to test kids training result and push the self-discipline & confidence to higher level*

Structured Training Plan by Semester

Training Plan of Curriculum ★

- **Week1-2 | Introduction to BJJ and Basic Movements**
 - **Mission:** Introduce the concept of Brazilian Jiu-Jitsu and establish a positive attitude toward training
- **Week3-4 | Body Awareness and Balance**
 - **Mission:** Teach body control, balance, and the concept of positioning
- **Week5-6 | Introduction to the Guard Position**
 - **Mission:** Introduce the concept of “guard” and being on top vs. being on the bottom
- **Week7-8 | Basic Escapes and Movements from Bottom**
 - **Mission:** Teach the kids how to move and escape from different positions
- **Week9-10 | Introduction to Takedowns and Staying Low**
 - **Mission:** Help kids get comfortable with being close to the ground and understanding takedowns
- **Week11-12 | Positions from Top (Mount, Side Control)**
 - **Mission:** Teach the idea of being in control from the top
- **Week13-14 | Introduction to Submissions (Light and Playful)**
 - **Mission:** Introduce the concept of submissions without putting too much focus on technique
- **Week15-16 | Position Transitions and Coordination**
 - **Mission:** Teach the idea of switching positions and coordination between moves
- **Week17 | Review and Sparring Introduction (Light Play)**

Structured Training Plan by Weekly

***The Curriculum’s Training Plan can be customized per Semester Length / Frequency of Classes**

训练周	训练目标	训练技术和内容 (*括号内为进阶根据随班情况安排)
Week 1-2 柔术基础介绍及运动模式 Introduction to BJJ and Basic Movements	给孩子们介绍柔术概念建立柔术课堂秩序礼仪着装及训练兴趣 Introduce the concept of Brazilian Jiu-Jitsu and establish a positive attitude toward training	- 基础热身动作，爬行地面移动动物流模仿（滚翻，匍匐，跳格子） - 前后滚翻（侧手翻） - 地面虾行（坐姿移动） - 简单的拉伸和移动训练 ● Basic warm-up games (rolling, crawling, jumping) ● Forward/backward rolls (somersaults) ● Shrimping (side-to-side movement on the floor) ● Simple stretching and movement drills (to improve flexibility)
Week 7-8 下位的逃脱技术 Basic Escapes and Movements from Bottom	学习如何从不同的劣势位置逃脱，应用场景包括被骑在身上或侧压的时候如何应对 Teach the kids how to move and escape from different positions	- 侧控逃脱虾行移动 - 肩翻逃脱和起身 - 战术起身和防御 - 与同伴一起练习逃脱及地面移动 ● Shrimping from the bottom (escaping from side control) ● Rolling over to a better position (escaping bad situations) ● Getting up safely (from the ground to standing) ● Rolling around with a partner for fun and movement practice

Progressive teaching method helps children establish basic concepts and technical experience of jiu-jitsu:
learning to move on the ground, mastering falling techniques to protect themselves when falling, understanding jiu-jitsu defense guards, positions and transitions, as well as simple submissions and playful confrontations.

Content of BJJ



防抱摔 | SPRAWL

“防抱摔” (sprawl) 是一种在巴西柔术中常见的防守技巧。它的主要目的是防止对手成功抱摔你。这个动作的关键在于迅速将自己的双腿向后伸展，同时用身体重量压在对手的后背，阻止对手将你摔倒。具体步骤包括：1. 快速反应：当对手尝试抱摔时，你需要立即反应。2. 腿向后伸展：迅速将双腿向后伸展，以避免被对手抓住或控制。3. 重心下压：将身体重量压在对手的后背，使其难以继续推进。

Sprawl is a common defensive technique in Brazilian Jiu-jitsu. Its main purpose is to prevent opponents from successfully taking you down. The key to this technique is to quickly stretch your legs backwards while pressing your body weight on your opponent's back to prevent them from unbalancing you. The specific steps include: 1 Quick response: react immediately when your opponent tries to shoot. 2. Leg extension backwards: Quickly extend both legs backwards to avoid being grabbed or controlled by opponents. 3. Downward pressure: Press the weight of the body towards the opponent's back, making it difficult for them to continue advancing.

[Learn More](#)

一起柔

所有关于柔术你想了解的内容。

NV7d

19 已订阅

单集更新 节目详情

24 期

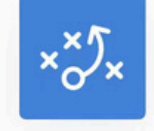


Vol.24 垫子上的文化交流：巴西柔术在中国

本源材料来自 CGTN 网站的一篇名为“垫子上的文化交流：中国的巴西...”

7 分钟 · 6 天前

1 · 0

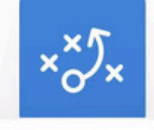


Vol.23 Bernardo Faria 柔术比赛策略：超越单次进攻

此 YouTube 视频主要讨论了如何通过制定简单的柔术策略来避免过度思...

6 分钟 · 8 天前

3 · 0



Vol.22 Bernardo Faria: 别再追求招式了，打造你无敌的巴...

Bernardo Faria: STOP Chasing

03:58/07:44

We had made many tools and materials (physical card or digital content on our media channels, audio content in podcast) to spread the knowledge of BJJ skills.

In order to help parants & member to understand the history and culture of BJJ, we utilize the AI tool to create a podcast on ‘小宇宙’ which had already updated more than 25 episodes.



About Safety

Safety & Pre-Training Notice:

Safety is the first priority, we will prepare the training field with soft mat (3cm+) to give kids a safe environment to do BJJ exercises. Please inform teacher if your child have any physical injury and make sure to take off any sharp accesories / done nail cut. Don't eat any food 30 mins before training.

安全训练须知和训练前准备:

我们会准备好场地设施, 铺好软垫以准备于地面的技术动作训练。如果您的孩子有任何受伤的情况请提前告知园里老师, 训练之前需要摘下首饰, 眼镜, 尖锐和硬质地的佩戴物等, 请提前给孩子修剪手脚指甲。训练前 30 分钟内请勿再给孩子进食。

Is It safe for Kids to Train BJJ?

The ground is a natural environment for kids, it is one of their first teachers. Brazilian Jiu Jitsu takes this further, allowing children to develop their skills and competency on the ground while simultaneously making them better movers. This is a crucial aspect of Jiu Jitsu because kids that are good movers are less prone to injuries, both on the mats and in life! Kids will learn how to break-fall, technical stand up and just how to be defend themselves while on the ground (accidentally full & being pushed to full)

孩子训练柔术安全么?

地面是孩子们的自然环境, 是他们的启蒙老师之一。巴西柔术更进一步, 让孩子们在地面上发展他们的技能和能力, 同时让他们成为更好的搬运工。这是柔术的一个关键方面, 因为擅长运动的孩子在垫子上和生活中都不太容易受伤! 孩子会在这个系列课中学会如何安全摔倒, 在地面的时候保护自己, 和如何建立防御和战术起身等。



Mini-Worrier BJJ Class @ Spring



Spring is for little kid around 2yr, with more small ones we are focusing on motor coordination and gamification of the training with basic BJJ movement, it is a 8 module rotation program which had running for more then 1 year

Mini-Worrier BJJ Class @ TCH



TCH Yansha had one class with small ones, 8 of the kids finished through the semester and most of them can facing the challenge from each other and finish the sequence from standing fight - take down - mount position - hold the advance position to finish with submission.



Mini-Worrier BJJ Class @ Etonkids

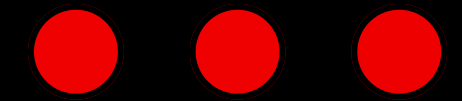


Etonkids Education Group had two kindergarten 3 classes 2025 1st semester, in total of 20 kids joined the program and 18 out of 20 kids finished through the program



BJJ for Special Kids

HIPO BJJ Program for Special Kids



Jiu-Jitsu Academy
高能柔术



HIPO = High Potential = 人生潜能
我们以柔术运动为媒介，与孩子心心
相联，助力孩子寻找更多的人生潜
能。

以心注水，以爱为舟

HIPO High-Energy Jiu-Jitsu is incubated by AMALAB and also a project that introduces overseas experience localized. It offers structured jiu-jitsu training (for children over 4 years old) targeting people with neurodevelopmental disorders such as autism, ADHD, and developmental delays. Adopting progressive and companion-based teaching methods, it aims to improve the language and social skills, sensory stimulation, interest development, and potential development of the trainees.



Learn More

HIPO BJJ Alliance Gyms



行至
巴西柔术



All alliance gyms had very good operating kids BJJ program or have coaches are dedicated to teach kid BJJ. Alliance gyms will be follow the similar curriculum for teach and be consistently trained with special kid educational knowledge. For BJJ kids program in different international school and kindergarten, these alliance gym will also support the coaches to execute the curriculum with same standard.



Learn More



For Inquiry