

PATHWAY MARTIAL ARTS

PROGRAM AND CURRICULUM

AN OVERVIEW · SPRING 2026

JUNIOR PATHFINDERS
NO GI CURRICULUM
GI CURRICULUM
EVERGREEN ONBOARDING

THE PATH

AGES 5 TO 17

JUNIOR PATHFINDERS

Built around how kids actually learn: through movement, focus, problem-solving, play, and safe challenge.

At Pathway, our Junior Pathfinders classes are intentionally structured around how kids actually learn. Each class begins with animal movements and line drills that build coordination, balance, body awareness, and physical readiness. From there, students move into short brain games that train focus, cooperation, emotional control, and the ability to follow rules under pressure.

The heart of the class is our constraint-led game block, where kids learn jiu-jitsu by solving live problems instead of memorizing long technique sequences. Students are given simple goals, clear rules, and safe boundaries, then explore positions through short rounds with frequent role changes. This helps them develop timing, balance, control, adaptability, and confidence against real resistance while learning both sides of the exchange.

Students then apply what they learned through structured standing and sparring rounds that are closely supervised and designed to keep training productive, not chaotic. Each class ends with a fun group game that reinforces joy, friendship, and excitement to return. The result is a kids program that builds skill, confidence, resilience, and love for jiu-jitsu one intentional segment at a time.

NO GI CURRICULUM

Skills develop through solving real problems in real time, not by copying movements.

At Pathway, our class structure uses a Constraints-Led Approach because it reflects how jiu-jitsu skills actually develop under pressure. Instead of asking students to simply memorize techniques, we place them in key situations repeatedly with purposeful rules and boundaries that guide attention toward balance, timing, positioning, and decision-making. Students learn by solving real problems in real time, not just copying movements.

We still respect the value of traditional repetition-based drilling, especially for introducing movement, terminology, and foundational coordination. Our structure keeps those benefits through intentional primers and focused training games, but adds context and resistance so repetition becomes more meaningful. Over a three-week module, students revisit connected problems often enough to build skill that actually transfers into live training.

This approach keeps students active, engaged, and constantly learning through success, failure, adjustment, and feedback. Progress becomes something they can feel on the mat, not just something they remember from instruction. The result is faster learning, better retention, and more confident, creative, self-directed students, while still honoring the discipline and structure of traditional jiu-jitsu.

GI CURRICULUM

A *clear, repeatable structure for learning through movement, context, and live problem-solving.*

At Pathway, our Gi classes follow a clear, repeatable structure designed to help students learn through movement, context, and live problem-solving. Each class begins with intentional warm-ups that connect directly to jiu-jitsu actions like entries, transitions, posture changes, balance recovery, grip fighting, and positional movement. Instead of separating warm-ups from skill development, we use them to prepare students for the exact patterns and problems they will face later in class.

Students then reconnect with the current module through a review game from the previous session before moving into a short, focused technique block. These technique moments clarify important details, especially the grips, controls, and refinements that make Gi jiu-jitsu unique. From there, students explore the lesson through structured training games that create realistic problems, guide decision-making, and allow each student to develop at the right level of challenge.

Each class finishes with three-minute sparring rounds that encourage movement, initiative, attacking, and frequent resets rather than stalling or survival. We close with open Q and A so students can address specific questions or challenges from training. Our Gi program blends the discipline and technical depth of traditional jiu-jitsu with modern learning methods, helping students build skill that is effective, adaptable, and genuinely enjoyable to practice.

NEW STUDENTS · 8 WEEKS

EVERGREEN ONBOARDING

A clear, structured path into training so new members build confidence before joining the full pace of regular classes.

Starting Jiu-Jitsu should feel exciting, not overwhelming. Our Evergreen Onboarding Sessions are designed to give new members a clear, structured path into training so they can build confidence before jumping into the full pace of regular classes.

This 8-week beginner program blends the best parts of traditional Jiu-Jitsu training with modern learning methods. Students will develop coordination, discipline, basic positions, and essential movement patterns through warm-ups, drilling, and guided practice. Instead of being thrown into chaotic sparring too early, they learn through focused training games with clear goals.

These games create live, realistic situations without overwhelming beginners. Each session gives students specific positions, simple objectives, and controlled resistance so they can understand what is happening, why it matters, and how to respond. As students improve, the structure is gradually opened up, preparing them for regular classes and full sparring with more confidence and skill.

**BEGINNERS ARE NOT THROWN INTO THE DEEP END. THEY ARE GUIDED
STEP BY STEP.**

The goal is simple: help every new student feel safe, capable, and prepared. Whether you are brand new, nervous about starting, or unsure if Jiu-Jitsu is for you, our onboarding program gives you the foundation to begin the right way.