LITTLE LEGION NEWSLETTER

SEPTEMBER 2026 · NO. 25

Dear Legion Families,

We hope you are adjusting well from summer vacation back to the school year routine. In this edition we are recapping our Kids In-House Tournament from last week and announcing the next one, breaking down the belt ceremony at the end of the month, and announcing a Bring a Buddy Day in honor of back to school. I also want to give a detailed breakdown of the Parents Beginner Course. Let's dive right in.

IN-HOUSE TOURNAMENT RECAP

TOURNAMENT RESULTS

First, let's congratulate all the students who competed in Legion's 6th In-House Tournament. Win or lose, everyone showed respect for their opponents and brought a lot of heart. For this tournament we did something new and gave out awards for Best Match, Best Submission, and Warrior Spirit.

BEST MATCH · EVAN CULBERTSON VS. MAXON JIA

This match was an incredible way to crown the victor of the 5-year-old boys' bracket. Reffing it was especially intense, since neither competitor scored a point until the last 5 seconds of the sudden-death tiebreaker. It was a match of constant movement, only ending after Evan secured full mount in the final seconds of overtime.

WARRIOR SPIRIT · KAMREN ASMAR

A big test of grit is going against opponents who are bigger and older than you. I placed Kamren in a bracket with two other Legion students, one a year older and one a bit heavier. I knew he had the heart to deal with these obstacles and not back down, which is exactly what he did. He is the definition of a fighter, fighting to score until the end of his matches.

BEST SUBMISSION · REY ZHI

Rey came back from a bad start to win with a clean armbar. His opponent timed a guard pull perfectly with a knee tap for 2 points. Seeing the score, Rey turtled to stand, but his opponent got deep on a back take with a seatbelt. Rey fought off the hooks, avoiding the 4 points, and in a flash threw up an armbar for the tap. It is never too late to win, even if you get off to a bad start.

NEXT TOURNAMENT · FRIDAY, DECEMBER 5

THE NEXT ONE

Mark your calendars. Our next Kids In-House Tournament is set for December 5th.

SIGN-UP DETAILS COMING SOON

FRIDAY, SEPTEMBER 18 · 5:00 PM

BRING A BUDDY DAY

It is time for another Bring a Buddy Day at Legion. Our last buddy day was a total blast, with around 100 students plus their buddies on the mats. You will find a printable invitation with this email, and we will also be handing plenty out to all of the students.

Your child can invite any friend they want. No uniform is necessary. The class is an introduction to jiu-jitsu plus a lot of games and fun.

STUDENT OF THE MONTH · SEPTEMBER

JASON MA

52 CLASSES · 4/WEEK · 7 STRIPES

Every month I pick one student from the kids program to be the Student of the Month. This month we are highlighting Jason Ma, another member of Coach Michelle's class.

Jason competed in our In-House Tournament on Saturday, and although he fell short of a medal, he fought hard in every match and tried his best. When Jason first came to Legion, he did not want to do the intro lesson with me at all. There were some tears and a lot of protesting, which is totally normal for new students in his age group. It took a small bribe from dad, an offer of ice cream after practice, to get Jason to join the class.

Since that day he has averaged 4 classes per week, taking 52 classes in just 3 months, and even stepped up to try competition. Jason is a great model for perseverance and

not being afraid to try something new, even if it takes an ice cream to make the leap. Congratulations, Jason. We are excited for you to earn your next belt at the end of the month.

MARK YOUR CALENDARS · FRIDAY, SEPTEMBER 25 · 5:00 PM

FALL BELT CEREMONY

A coach ties on a new belt at a past Legion belt ceremony.

If you did not hear, our next belt ceremony will be on Friday, September 25th at 5pm. We have a lot of students earning new belts, so be on the lookout for a personal email and text to confirm your child will be getting promoted that day so you can be in attendance.

For students not getting belts, there will be plenty of stripes given out as well, so make sure to come and support your classmates. You might get a stripe that day which gets you closer to a new belt at the next ceremony.

PILLAR OF THE MONTH · SEPTEMBER

PERSONAL GROWTH

SCAN FOR THE PROMOTION GUIDE

SELF-CONTROL

★ FOCUS — SPOTLIGHT STRIPE

KNOWLEDGE

GOOD GRADES

For the month of September, students will be working on their Personal Growth pillar. The Spotlight Stripe this month is Focus. Focus is important during class to properly learn the techniques being taught. It is also important when sparring, to be safe and avoid getting put in bad positions or getting injured.

What does your child need to work on with their focus? If there is anything you want them to work on at home, let me know. If they show focus in doing it, they can expect a new red stripe on their belt.

Spotlight Stripes are the one stripe in a pillar that can be earned throughout the entire month, instead of only one week like the other three stripes that make up the pillar.

STARTS MONDAY, SEPTEMBER 14TH · 5:00 PM

PARENTS BEGINNER COURSE

Your kid trains. Now it's your turn.

This is your chance to be a champion just like your child will be. While your kid trains at 5 PM, you can be on the mats too. Same building, same hour, zero extra childcare to figure out. The course is built for adults who have been curious about jiu-jitsu but never found the window to start.

THE 5-WEEK BREAKDOWN

- **Week 1.** Self-Defense Basics. Fall safely, stand up safely, defend against an attacker.
- **Week 2.** Dominant Position. Full mount and back control, plus how to defend them.
- **Week 3.** Side Control and Guard. Control from the top, work from the bottom.
- **Week 4.** Submission Series. Finishes from every position you have learned.
- **Week 5.** Putting It Together. Live sparring with the coaches, tested for real.

WHY TRAIN AS A FAMILY

Jiu-jitsu is something you and your kid can actually share, not just something you watch from the sideline. Real fitness and real stress relief for you, on your own beginner track, and since your kid trains in the same hour, childcare is already handled.

Spouse Bonus: sign up together for a discount. **Free Uniform:** included. Sign up with Will at the front desk, or text **(858) 888-1815**.

Written by Will Robinson

FOR OUR LITTLE LEGION ARTISTS

COLOR ME IN!

Bring your finished drawing to the front desk to have it posted on our wall of fame.