

PRESS RELEASE

Optimus BJJ Helps Parents Compare Kids Martial Arts Options

Optimus Brazilian Jiu-Jitsu

October 13, 2026

LAGUNA NIGUEL, Calif. — October 14, 2026 — Optimus Brazilian Jiu-Jitsu, a Laguna Niguel martial arts academy founded in 2011, is helping Orange County parents compare youth martial arts options by explaining how its grappling-based kids program differs from striking-focused styles and how students can progress into striking as teenagers.

Many families begin their search by looking at karate for kids , taekwondo, or other traditional striking arts. According to the academy, its youth curriculum takes a different approach. Children learn to stay calm under pressure, escape common positions, and control a partner using leverage and balance rather than strikes. Because students practice these skills with resisting partners in controlled drills, they get regular, supervised experience applying technique.

Grant Collins, a fourth-degree black belt, two-time national champion, and head instructor at Optimus Brazilian Jiu-Jitsu, said: “Parents usually want the same things whichever style they choose: confidence, focus, and a way for their child to stay safe. Jiu-jitsu teaches kids to solve problems with control instead of hitting, and they practice it with a real partner every class, which is where much of the confidence comes from.”

Classes follow a consistent format: a warm-up focused on movement and safe falling, a coach-led lesson, partner drills, controlled games, and feedback from coaches. Readiness is assessed by whether a child can follow instructions and work safely with a partner, with students starting as young as four. Instructors are CPR and first aid certified, and the academy maintains clean mats and supervised training.

As students grow older, they can add striking through the academy’s MMA program, which covers stance, footwork, punches, kicks, knees, and elbows through pad work, partner drills, and conditioning. Coach Forest leads MMA instruction, and students can combine striking with jiu-jitsu for a more complete skill set. Parents can also train at the same academy through adult classes that combine technique, live training, calisthenics, and stretching, allowing families to share a schedule and a training environment.

The update builds on the academy’s recent announcement on structured martial arts for kids classes for Laguna Niguel families. New students begin with a complimentary introductory lesson, and families can book a free class online or by calling (949) 481-2511.

About Optimus Brazilian Jiu-Jitsu

Optimus Brazilian Jiu-Jitsu, founded in 2011, provides Brazilian jiu-jitsu, MMA, and self-defense training in Laguna Niguel, California, for students ages four and up. All instructors hold CPR and first aid certification.

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