PRESS RELEASE

Optimus Brazilian Jiu-Jitsu Outlines Structured Youth Martial Arts Classes for Laguna Niguel Families

Optimus Brazilian Jiu-Jitsu

September 29, 2026



LAGUNA NIGUEL, Calif. — September 29, 2026 — Optimus Brazilian Jiu-Jitsu, a martial arts academy in Laguna Niguel, has outlined the class structure and safety standards behind its youth programs, giving South Orange County families a clearer view of how children progress from their first class to consistent training in jiu-jitsu and striking.

The academy accepts students as young as four years old. Rather than grouping children strictly by age, coaches look for readiness: the ability to follow basic instructions, work safely with a partner, and stay engaged through a structured class. This approach allows younger students to build attention and body awareness before moving into more technical partner work. New students begin with a complimentary private introductory lesson, which gives coaches a chance to gauge comfort level and gives parents a first look at how instruction works.

Each youth jiu-jitsu class follows a consistent format. Sessions open with a warm-up focused on movement, mobility, balance, and safe falling practice, followed by a skill lesson in which a coach demonstrates positions and escape concepts. Students then repeat techniques in partner drills, apply them in controlled, age-appropriate games, and finish with coach feedback on effort and safety. Children learn how to escape common positions without panic and how to use leverage and control instead of striking.

For older students and families looking for a broader foundation in martial arts for kids and teens, the academy also offers a mixed martial arts program centered on practical striking. Classes cover stance, guard, footwork, and balance, along with punches, kicks, knees, and elbows practiced on pads. Each session moves from a shadowboxing warm-up to technique instruction, pad work, controlled partner drills, and conditioning rounds.

Safety is built into the curriculum across all programs. According to the academy, supervised instruction, controlled drills, clean mats, and clear expectations reduce unnecessary risk, and children are taught to tap, listen, and train carefully from their first class. The facility uses a sub-floor mat system and daily sanitization, and all instructors hold CPR and first aid certification.

The youth curriculum focuses on four core areas: confidence developed through real skill, discipline through a structured class routine, focus during drills and instruction, and respect for training partners and the academy. Families across South Orange County can see how those areas are reinforced in each session, from the warm-up through the final round of coach feedback.

The youth program complements the academy’s adult curriculum, described in its earlier announcement on Martial Arts Training for adults and children in Laguna Niguel. Adult classes combine calisthenics, stretching, technique instruction, and live training, allowing parents and children to train at the same academy on the weekly schedule.

The academy is led by Professor Grant Collins, a fourth-degree black belt and two-time national champion, supported by a team of black belt and specialty instructors, including Coach Forest in the MMA program. Optimus has operated in Laguna Niguel since 2011 and holds a five-star Google rating.

Families can book a free introductory class online or by calling (949) 481-2511. Program details and the current class schedule are available on the Optimus Brazilian Jiu-Jitsu website.

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About Optimus Brazilian Jiu-Jitsu

Optimus Brazilian Jiu-Jitsu, founded in 2011, provides welcoming training in Brazilian jiu-jitsu, MMA, and self-defense in Orange County. The curriculum, developed by experienced black belt instructors, emphasizes technical skill and fitness for students ages four and up. All instructors hold CPR and First Aid certification.

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