

Brazilian Jiu-Jitsu Coach

Gracie Barra Lethbridge

Job ID
40793

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LOCATION	DATE POSTED	EXPIRY DATE	
731 30 Street North, Lethbridge, AB Alberta	06-08-2026	02-02-2027	
TYPE OF JOB	SALARY	MIN. EXPERIENCE	MIN. EDUCATION
Full Time	CAD 45/hour	2 years to less than 3 years	Secondary (high) school graduation certificate

Job Details

Gracie Barra Lethbridge is seeking a qualified Brazilian Jiu-Jitsu Coach to develop and prepare individual athletes and teams for Brazilian Jiu-Jitsu competitions.

The successful candidate will plan and conduct structured training sessions, assess athlete performance, develop competitive strategies and prepare athletes for local, provincial, national and international competitive events.

- Work location: On site
- Worksite address: 731 30 Street North, Lethbridge, Alberta, T1H 6P3
- Salary: \$45.00 per hour
- Hours: 30 hours per week (minimum) (working hours variable)
- Terms of employment: Three-year term, full-time
- Employment duration: 36 months
- Start date: As soon as possible, subject to the successful candidate obtaining authorization to work in Canada
- Vacancies: 1 vacancy
- Job title: Brazilian Jiu-Jitsu Coach
- NOC: 53201 – Coaches
- Language of work: English
- Schedule: Day, evening and weekend shifts
- Benefits: Employer-provided accommodation

Job Description

- Duties
- Identify and evaluate the strengths, weaknesses, technical abilities and development needs of individual athletes and teams;
 - Plan, develop and implement Brazilian Jiu-Jitsu training and practice sessions;
 - Develop individual and group training programs based on athletes’ abilities, experience, weight divisions, competitive levels and development goals;
 - Nurture and develop athletes’ technical skills, tactical awareness, conditioning and competitive abilities;
 - Teach and demonstrate Brazilian Jiu-Jitsu techniques, including takedowns, guard systems, guard passing, sweeps, escapes, positional control, transitions, defences and controlled submissions;

- Provide technical and tactical coaching for gi and no-gi Brazilian Jiu-Jitsu;
- Conduct warm-ups, mobility exercises, technical drills, positional training, conditioning exercises and supervised sparring sessions;
- Develop, plan and coordinate competitive schedules and athlete-development programs;
- Motivate and prepare athletes and teams for competitive events;
- Formulate competitive strategies and individual match plans based on athletes' abilities, competition rules, weight divisions and opponents;
- Direct and advise athletes before, during and after competitions and other athletic events;
- Attend competitions to coach athletes, provide tactical guidance and evaluate performance;
- Analyze athletes' performance during training sessions and competitions;
- Review competition results and available match footage to identify areas requiring improvement;
- Provide constructive technical, tactical and performance feedback to athletes;
- Monitor athletes' workload, physical condition, recovery and readiness to participate;
- Modify training programs when required to support athlete development and reduce the risk of injury;
- Establish and enforce safety procedures for drills, sparring and competition preparation;
- Ensure techniques and sparring activities are performed in a controlled and responsible manner;
- Stop or modify activities that may present an unreasonable risk to participants;
- Assist with athlete assessment, competition-team selection and belt-progression evaluations, where authorized;
- Maintain attendance, athlete-development, training, competition and incident records;
- Assist in organizing training camps, seminars, workshops, assessments and competitive events;
- Communicate professionally with athletes, parents or guardians, other coaches, employees and management;
- Promote discipline, respect, sportsmanship, teamwork, inclusion and ethical conduct;
- Maintain current knowledge of Brazilian Jiu-Jitsu techniques, coaching practices and competition rules;
- Inspect and assist with the proper use and maintenance of mats and training equipment; and
- Perform other related coaching duties consistent with the position of Brazilian Jiu-Jitsu Coach.

Requirements

- Minimum 5 years of experience practising Brazilian Jiu-Jitsu
- 2-3 years of experience coaching Brazilian Jiu-Jitsu athletes
- Proven experience in teaching and coaching Brazilian Jiu-Jitsu at various skill levels
- Strong knowledge of martial arts techniques, rules, and safety procedures specific to Brazilian Jiu-Jitsu
- Brazilian Jiu-Jitsu black belt issued or recognized by an established Brazilian Jiu-Jitsu academy, federation or organization
- Apply Brazilian Jiu-Jitsu competition rules and safety standards
- Ability to demonstrate techniques clearly while providing detailed instruction
- Passion for teaching martial arts combined with a positive attitude and energetic approach
- Vulnerable sector or criminal record check may be required if coaching children or vulnerable participants

Join us in creating an empowering environment where students can learn valuable self-defence skills while building confidence, fitness, and camaraderie. This paid position offers an exciting opportunity to make a meaningful impact through the art of Brazilian Jiu-Jitsu!