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!

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