



CONQUEST

BRAZILIAN JIU JITSU

New Student Guide

Welcome to the Conquest Brazilian Jiu Jitsu team! We are excited to share this personal journey with you!

What is Brazilian Jiu Jitsu?

Brazilian Jiu Jitsu (BJJ) is a martial art and combat sport system based around grappling, with particular emphases on ground fighting. The main focus is getting an opponent to the ground in order to neutralize the threat using ground fighting techniques and submission holds. When on the ground, physical attributes can be offset or enhanced through proper technique. A number of maneuvers are available to manipulate your opponent into a suitable position where you may apply a proper submission.

Why Undertake the Study of BJJ?

Jiu Jitsu may be the most physically and mentally demanding activity you will ever engage in. But you don't need to be competitive to succeed. You just need to be consistent, diligent, and attentive. Physical literacy through jiu jitsu is difficult, but is worth it and the long-lasting benefits are profound.

Externally, jiu jitsu promotes a well-rounded, strong, flexible and resilient body, with enhanced balance, sensitivity and overall coordination. It often awakens an interest in cross training activities that pay genuine dividends on the mats, such as: yoga, kettlebells, weight lifting, primal movements and nutritional awareness.

With skilled jiu jitsu players, the violence of one-on-one, hand-to-hand combat is transformed into a spontaneous and dynamic game. A game with an open platform played with your training partner in a safe, respectful, and courteous manner.

Every sparing session has the opportunity to be a mind cleansing, heart pumping, moving meditation and a roll with a good friend can be like a candid conversation. To be on the receiving end of outstanding jiu jitsu, is both inspiring in its efficacy and frustrating in the realization of how long it will take you to replicate what you just felt.

If trained properly, Jiu jitsu has the ability to challenge you mentally and physically for decades. If you disrespect the art, it can get you injured, or out of training completely.

Getting Started

We recommend new students train twice per week, starting out. Consistency is the major key to success in BJJ. Twice a week is enough to get the full benefits of the program at first, and gives your body time to adjust to the new work out and recover adequately. Jiu jitsu can be very addictive, and it is common for new students to train too often, risking burn out or injury due to insufficient recovery time. After your body has adapted to the new work load, students may choose to increase their weekly training days to their preferred level. BJJ can be extremely difficult, it's important to remember to be patient, and focus on having fun!

The BJJ Gi

- Uniforms must be clean and in good condition
- Uniforms should be worn in all gi classes, unless the instructor specifically states otherwise
- All students are required to have an appropriate gi for training. Students should purchase a gi through their gym, as it supports the Academy and the prices are competitive.
- Uniforms and belts must be worn and tied correctly

Belt Ranks & Promotions

The belt rank structure and promotion process is significantly different in BJJ, than other traditional martial arts. All new students to the art will wear a white belt during class. There are no formal “testing” days or fees involved with any promotions. Students are not necessarily promoted based upon their ability to perform a certain set of techniques, the length of time in the program, or by age.

Instead, each student is evaluated on their overall performance, comprehension of the art, dedication, loyalty, and leadership. Belts are awarded when an individual's knowledge and skill level have risen to an appropriate level, as determined by the instructors. Students are ever being evaluated on their actual performance and technical ability in live situations, such as sparring and competitions. It is important to understand, BJJ is a very complex martial art, and belt promotions are somewhat rare. It takes years to achieve a high degree of proficiency in jiu jitsu, and the time between belt promotions may be several years as well. Each student progresses at their own individual rate, but the average time to earn your black belt is between 8-12 years of consistent training.

In BJJ, there are separate ranks structured for the adults and kids.

Kids Belt System

- White
- Gray w/ White Stripe
- Solid Gray
- Gray w/ Black Stripe
- Yellow w/ White Stripe
- Solid Yellow
- Yellow w/ Black Stripe
- Orange w/ White Stripe
- Solid Orange
- Orange w/ Black Stripe
- Solid Green

Green is represented as the highest belt for kids until 16 years of age, at which point the student may continue with the adult ranks.

Adult Belt System

- White
- Blue
- Purple

- Brown
- Black
- Coral
- Red

Within each belt rank, there are 4 white stripes awarded on the black bar of your belt.

Class Rules & Etiquette

Brazilian jiu jitsu is typically less formal than many traditional martial arts, but abiding by basic rules of etiquette will ensure that everyone has a safe, fun and rewarding training experience.

1. Please be on Time for Class.

Try to avoid showing up to class late, as it disrupts the lesson and is disrespectful to your instructor. Sometimes being late to class is unavoidable, in which case, please wait until the instructor is free then go across.

2. Be Aware of your Personal Hygiene

A dirty Gi is disrespectful to your training partners, your instructor, and your academy. Please wear a gi that is clean, free of odors, and in good condition for EVERY class. Make sure your fingernails and toenails are properly trimmed, your hair is securely put up, and jewelry is removed before training. If you have any type of skin infection or open wound, please allow adequate time for it to clear up before resuming training.

3. Keep the Mats Clean

No shoes of any kind are allowed on the mats. Shoes damage mats and carry unwanted germs into the training area. Always wear shoes off the mats, especially when entering the restrooms. The mats are cleaned and disinfected every day, however it's everyone's responsibility to ensure we have a clean and safe environment to train.

4. **Safety is Paramount**

Know your limitations and those of your training partners. All BJJ submissions are potentially dangerous and should always be applied under control and respectfully. If you injure your training partners, you won't have anyone to train with.

4.1 **Tap Early, Tap Often**

When "tapping," it is preferable to do so firmly, multiple times on your partners body. You may also tap loudly on the mat, or verbally saying "tap" is also acceptable.

Tapping is **not** a sign of weakness; it is an essential part of the learning process. Make sure you are able to train tomorrow. If you are injured, make sure your instructor and partner are aware of it.

5. **Leave your EGO at the Door**

Training at your academy is **NOT** a competition! There is absolutely **NO** winning or losing when training with your teammates, only learning. If you allow yourself to become upset at being tapped out, you will never make it to Black Belt. Don't be afraid to try new things, or put yourself in bad positions, it's the only way to improve your jiu jitsu!

6. **Be Respectful to your Training Partner**

Roll to learn. You will tap a million times during training, tapping is learning and ensures you and your team remain safe. Rolling as hard as you can is disrespectful and unproductive. Your focus should be on learning to relax and roll smoothly and in control. Respect your teammates and acknowledge their goals and limitations. Everyone develops at a different rate, but always as a team.

7. **Be Respectful of Each Other's Training**

Avoid taking up valuable mat space by sitting unnecessarily on the wall during training time. If you must sit out, please do so off the training mat.

8. **Foul Language is NOT Acceptable at any Time for Any Reason**

BJJ Positional Hierarchy

Back Control

Top Mount

Top Knee on Belly

Top Side Control

Top Turtle

Closed Guard Bottom

½ Guard Top

½ Guard Bottom

Closed Guard Top

Bottom Turtle

Bottom Side Control

Bottom Knee on Belly

Bottom Mount

You should concentrate on the main positions, and you should ask yourself:

In an inferior position - “How do I safely position my limbs, posture and balance to avoid being submitted in this position?” and “How do I escape this position and move to the next position higher on the hierarchy?”

In a dominant position - “How do I maintain and control my opponent and prevent their escape?” and “What are some high percentage, basic submissions from this position?”

Common BJJ Techniques

- Rear Naked Choke
- Elbow to Knee Escape
- Bow and Arrow Choke
- Straight Armbar
- Over-Under Pass
- Guillotine Choke
- Double Leg Takedown
- Hip Bump Sweep
- X Pass
- Americana Arm Lock
- Kimura Shoulder Lock
- Toreando Pass
- Cross Collar Choke
- Scissor Sweep
- Triangle Choke
- Upa Escape
- Pendulum Sweep
- Ezekiel Choke
- Omoplata
- Straight Ankle Lock
- D'arce Choke
- Anaconda Choke

Common BJJ Guards

- Closed Guard
- Butterfly Guard
- Spider Guard
- Half Guard
- De La Riva Guard
- Reverse De La Riva Guard
- Williams Guard
- Octopus Guard
- X Guard
- Single Leg X Guard
- Collar Sleeve Guard
- Sit up Guard
- Shin to Shin
- Lasso Guard