



BJJ Class Rules

Hygiene

Personal hygiene is always important in the martial arts school, but it becomes even more important as students grapple together in close quarters. Students should be clean and always wear a clean uniform. They must keep their nails trimmed and hair pulled back. All jewelry should be removed, and students with dental braces should be careful not to have their lips cut. Contact lenses, if possible, should be removed, and students wearing joint support braces with metal hinges should not spar with these on. No open wounds or cuts.

Courtesy

Please introduce yourself to your training partner. Close contact is necessary when grappling. It is important that you be courteous and help your partner learn. We would like everyone to call the instructors and students by their last name. This type of courtesy focuses on good manners and a formal relationship between training partners. Positive attitudes only. No swearing or negative comments please.

Being a Good Grappling Partner

Students can help their partners learn in some very important ways. The first and most important way is to train in a friendly manner and share techniques. When a student is made to tap, they should be encouraged to ask their partner what they did wrong and spend a moment reviewing it. The more friendly the training, the more the students will want to train and the better they will get it.

Another very important way students can be good partners is by giving the appropriate amount of resistance during training drills. A very common error students make during the practice of new techniques is to either resist their partner too hard which does not allow their partner to practice the move, or to provide no resistance at all which deprives the partner of any sense of the reality of the move.

A good grappling partner will provide a small amount of resistance so the student can have the sense of applying the technique against a real person, yet have success with a technique which in truth, they do not yet know well enough to make work. As they practice, the partner can increase the resistance just to the point that the student can still make the technique work properly. In this way, a good partner acts like bicycle training wheels, helping the student learn until they can go 100% on their own.

Learning to “Tap”

The traditional method for someone to signal to their partner that they can no longer safely resist a joint lock or choke is to “tap” on the person applying the technique. This is really a firm pat or slap on the partner’s body. Students should never tap on themselves or on the floor, because the person applying the technique does not feel that and feel that and may not hear it.

It is strongly advised that the student always accompany the physical tap with a verbal submission. Most students simply say “OK” in a loud voice, but anything will do so long as it is understood.



Once a partner submits by tapping, the student must release the hold immediately *without exception*. Students should not attempt to judge for others whether they really need to stop or not. Sometimes, a partner taps because unbeknownst to the student, a finger or toe is caught in the uniform.

It is also not uncommon for some students to become claustrophobic or otherwise uncomfortable when they are out of breath or trapped underneath a larger partner and unable to escape. In some cases, memories of abuse or assault can be triggered. These are perfectly valid reasons to tap, and it is crucial that a partner be allowed to stop at any time for any reason. This will help ensure that all students have a positive experience with grappling.

Some students resist tapping until the final moment because their competitive nature will not allow them to accept defeat. Some students will even tolerate an injury rather than submit. This must not be allowed, and not allowed in the strongest terms. A student whose ego will not allow him/her to tap is dangerous to themselves and others. They are likely to hurt others as they struggle to not lose, and may certainly hurt themselves. This will not only harm their training, but will have a negative effect on the student who injured them. If you have students who are extremely competitive and wish to train at a higher level of intensity, they should train at a separate time from the regular class, even a time when other students are not present who may be intimidated by watching this hard training.

Tapping out is good. It is a sign of learning and experimentation.

The class is the place for students to learn. They must be encouraged to experiment with the techniques and try new ones. If a student fears losing or tapping, he/she will only do what he/she knows works. But how can they do what works when they are only beginning to learn? Nothing works! It is very easy for a beginner to seize on one successful position and never move beyond it. All students should be encouraged to relax, experiment and tap.

Brazilian Ju Jitsu Class General Guidelines:

1. Please make sure that you have a membership card and that you swipe it every time you attend class.
2. A uniform is required to join the class.
3. All membership dues must be paid in advanced of taking class. You can pay per class or for the month. Monthly dues are for a thirty day period.. not four classes. It is just too hard to track.
4. Please shake hands every time you roll or drill. Introduce yourself as well!
5. No Free Rolling without permission or supervision. This is for safety. Concentrate on learning the basic skills well and then your grappling will excel.
6. Please see your instructors with any concerns or questions you may have.

Students interested in receiving rank in BJJ should ask for the handout.