

Jiu Jitsu 101

Getting Started



Section 1:





JIU JITSU ETIQUETTE & AJJ CULTURE

Exclusively for use at:
**Americana Jiu Jitsu
Hawthorne, NJ
AmericanaJJ.com**

ETIQUETTE & CULTURE: RESPECT YOUR SCHOOL

We work hard to keep Americana clean. Please do your part by maintaining good personal hygiene and using the Defense Soap foot bath station before entering the mats.

Jiu Jitsu is a high-contact sport. We clean the mats regularly, but good student hygiene is an equally important part of the equation.

-  Arrive freshly showered. Keep your fingernails and toenails trimmed and clean to prevent scratches or ripping your own nail.
-  Always wear shoes off the mats (especially in the restroom), and never wears shoes on the mats. Flip flops or slides makes this easier.
-  Shower after every class and wash your gi and training clothes after every class. Do not attend class with any skin rashes.
-  Do not come to class if you are not feeling 100%. We don't want to pass around any sickness - be it a cold, COVID, or anything else. Showing up at the academy with even the mildest of symptoms is disrespectful.

ETIQUETTE & CULTURE:

RESPECT YOUR TRAINING PARTNERS



Treat every student with respect - regardless of their experience level.



Remove watches, jewelry, piercings, and make-up before class. Secure long hair, preferably in a bun or braids.



To avoid injury, don't put your fingers inside your training partner's sleeve when gripping.



Be alert to who's around and mind your language; adult students often bring their children along to class.



Lastly, we pride ourselves on maintaining a positive school culture, so we hope this is a rarity, but... if you ever have an issue with someone in the school or are not sure how to handle a situation, please reach out to one our instructors or Laurie, the Manager, to discuss in confidence.

ETIQUETTE & CULTURE: HOW TO HAVE A GREAT CLASS!



Arrive to class 5-10 minutes early. Check-in to class on the iPad.



Come with a positive attitude and ready to learn!



Drilling during the instructional part of class provides repetition and reinforces muscle memory. Students are not to go full force while drilling, but should also not be a wet blanket. Think 25-30% resistance.



In your first few weeks, focus your time during live rolling on drilling what you've been taught or working positionals with a higher rank. You may also benefit from watching a round or two of higher ranks roll.



Most importantly, have fun and meet great people!

ETIQUETTE & CULTURE: LIFE ON THE MATS AT AJJ

- ★ **We're all here because we want to be, and we want you to enjoy your time here as well!** Jiu Jitsu is a very challenging martial art to learn. There'll be extremely frustrating days balanced by days when you'll be riding high. The highs and lows are part of what makes the journey so rewarding.
- ★ **Compared to some academies, our school culture is very laid back.** (i.e., we're not required to address instructors by a particular title, we don't have to bow off the mats, turn our back to tie our belts, etc.) That said, we're still training a martial art and there's an underlying respect amongst students, and between students and instructors.
- ★ The belt hierarchy is white, blue, purple, brown, and black. **As a new white belt, recognize when higher belts are giving you positions and situations to allow you to work.** They're adjusting so that you both get something out of the training time. Over time, they'll increase their resistance to continue challenging you.