

Jiu Jitsu 101

Getting Started



Section 7:

GROWTH & DEVELOPMENT

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

GROWTH & DEVELOPMENT: TRAINING FOCUS BY RANK

As the saying goes, the best offense is a strong defense. According to Prof. Saulo Ribeiro in his widely popular book *Jiu Jitsu University*, the following should be the focus at each belt level:

The goal of the WHITE belt is survival.

The BLUE belt's secret weapon is escapes.

The PURPLE belt should perfect their guard.

The BROWN belt's mission is to pass the guard.

The BLACK belt's focus is submissions.



GROWTH & DEVELOPMENT: COMMONLY ASKED Q'S



What do I need?

A white gi for gi class and athletic clothing free of buttons, zippers, and pockets for no-gi class. You may prefer to roll with a mouthguard and/or an athletic cup.

Boil-and-bite mouthguards can be found at sporting goods stores or on Amazon for a reasonable price. Gladiator Guards is a popular brand among AJJ students. It costs a little more, but is molded to your mouth.

How many classes a week should I aim for?

2-3 classes a week is a good goal to start. If all you can swing is once a week, it's better than nothing, but it will take you longer to progress.

As a white belt, what should I focus on?

Learning strong defenses. Having a solid base of strong defenses and strong escapes will allow you to attack fearlessly. Also learn to conserve energy and control your breathing to avoid gassing out. Take notice of how higher belts roll - they pace themselves and aren't out of breath afterwards.

GROWTH & DEVELOPMENT: COMMONLY ASKED Q'S

Do you have any advice for beginners?

Set small goals. This will help you identify and track your short-term improvement. See if you can last longer into a round before a particular higher belt taps you or if you were only able to roll 2 rounds in a row last week, see if you can build your cardio up to roll 3 rounds in a row next class.

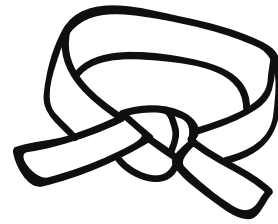


I feel like I'm in a rut or plateauing. Am I just bad at Jiu Jitsu? Should I quit?

No! This is a very common feeling in Jiu Jitsu. At every belt level, students will go through periods like this. Push through! Trust the process. After every plateau comes a period where you can see and feel the improvement.

GROWTH & DEVELOPMENT: PROMOTIONS

Stripe and belt promotion protocol varies by academy.



At Americana, students are awarded four stripes per belt rank: white, blue, purple, and brown. All stripe and belt promotions are at the discretion of our team of black belts professors.

Know that it takes improvement and months of consistent time on the mats to earn a stripe in Jiu Jitsu, and it's not uncommon to remain at one belt level for years.

Also, in Jiu Jitsu, it's frowned upon to directly discuss or ask about your next promotion. Rather, ask an instructor what you should be working on or what you can do to improve your game.



Any questions, please speak with Laurie.

GROWTH & DEVELOPMENT: PROGRESS TRACKER



BASIC WARM-UPS

- Tie your belt
- Breakfall
- Bridge
- Shrimp
- Bridge-to-shrimp
- Backward roll
- Forward roll
- Collar drag
- Knee drive
- Sprawl
- Brazilian legs drill
- Pummeling drill
- Granby roll drill

BASIC POSITIONS

- Closed guard
- Side control
- Mount
- Back mount

BASIC ESCAPES

- Upa
- Elbow knee
- Get leg in across waist

BASIC PASSES

- Knee slice
- Stack
- Pinning legs
- X-Pass
- Toreando

GROWTH & DEVELOPMENT: ADDITIONAL RESOURCES

If you're looking for more material on Jiu Jitsu, there's plenty of it out there! Here are a few of our personal favorites:

If you're a book lover...

Jiu Jitsu University by Saulo Ribeiro is a classic

If blogs are your thing...

Grapplearts.com offers a ton of free content

If you prefer podcasts, there are TONS! Here's a couple beginner friendly ones...

BJJ Mental Models

Jiu Jitsu Dummies

Chewjitsu

Beauty and the Gi

If you're a fan of YouTube...

Chewjitsu, Stephan Kesting or BJJ Fanatics