

# Jiu Jitsu 101

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*Getting Started*



*Section 6:*

**LIVE TRAINING**

*Exclusively for use at:*  
**Americana Jiu Jitsu**  
**Hawthorne, NJ**  
**[AmericanaJJ.com](http://AmericanaJJ.com)**

# LIVE TRAINING:

## HOW TO BEGIN A ROLL

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### STARTING POSITION

Usually the higher belt or more experienced player will sit to guard, and the lower belt will then start from their knees.

2

### SIGNAL TO START

Players slap hands and bump knuckles to signify both are ready to begin the roll. Do not jump on someone while they're not looking to get the better of them!

3

### INITIAL OBJECTIVE

The player who starts from their knees has to pass their opponent's guard and advance to a dominant position. There are passing techniques from both standing and the knees.

# **LIVE TRAINING:**

## **THREE POINTS OF RESPECT**

### **RESPECT YOUR OPPONENT**

Consider your opponent's experience level, age, gender, and any physical limitations while rolling. Also, using dirty or mean moves on training partners is a quick way to lose friends on the mats! Remember, your training partners are the most important people at the gym - you can't roll alone!

### **RESPECT THE ART OF JIU JITSU**

Try to do actual moves taught in class (passes, positions, submissions). Squeezing someone's head, sitting on them for extended periods of time, or forcing a forearm across their throat is not Jiu Jitsu.

### **RESPECT THE TAP**

Physically tap your opponent (or the mat) or verbally say "tap" to stop the roll for any reason - if something hurts or you feel uncomfortable. As you begin applying a submission, be on alert for your partner's tap and release immediately.

Remember, there's no shame in tapping! You'll tap countless times in Jiu Jitsu. As the saying goes, tap early and tap often to train another day.

# LIVE TRAINING:

## THINGS TO KEEP IN MIND

### POSITION BEFORE SUBMISSION

This is a key concept in Jiu Jitsu, but don't try to go super fast to secure a position. Roll at your own ability level - which will be slow at first so that you can focus on important details that make the move work.

**"Slow is smooth, smooth is fast."**

*From military special operations and means only by going slow enough to ensure you do things correctly can you perform a task with an efficient amount of speed. This concept applies to Jiu Jitsu as well!*

### THANK YOUR OPPONENT

At the end of every roll, it's customary to shake hands (or bump knuckles) and thank your opponent for the roll. This mutual respect is expected on the mats.

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Any questions, comments, or concerns about any of these points, please speak with Laurie or any of our instructors.

# **LIVE TRAINING:** **HOW NOT TO BE 'THAT GUY'**



Don't grab individual fingers or pull fingers or toes apart.

Don't dig your elbows into thighs.

Don't squeeze your training partner's head or apply chokes directly on their face.

Don't be overly aggressive - the level of aggression you give will be the level you get back.

Don't 'trash talk' your opponent before, during, or after a roll -- it will ruin the vibe on the mats.

Don't hurt your training partner to get a submission. Apply submissions that you've been taught in a controlled manner. Respect the power of Jiu Jitsu techniques.

Don't boast about submissions or taps. It's poor sportsmanship.

Don't coach others as a beginner. Leave it to the instructors and higher belts.

# **LIVE TRAINING: SPARRING RULES**

- No striking.
- No small joint manipulation (i.e., fingers or toes).
- No biting.
- No slamming.
- No neck cranks.
- No eye-gouging or fish-hooking.
- Leg locks are allowed for blue belts and above.
- Catch and release on all leg locks.

*Remember...* your training partners are the most important people in the academy. Without them, you can't train. Avoid using excessive force.

