

FAFC Etiquette

- All instructors, students and equipment should be treated with respect.
- No Food, Drink or Chewing Gum on the mats.
- Students should be punctual and not leave class early without prior notification.
- No swearing in the Centre.
- No smoking in the Centre, stairway or entrance.
- No Street shoes to be worn on training mats.
- No training shoes to be worn while kicking bags
- Jewelry should not be worn when training for the safety of yourself and your partner.
- Keep toenails and fingernails cut short to avoid injuring training partners
- Always keep yourself and uniform clean.
- Valuables should be kept in a locker
- Mouthguards must always be worn whilst sparring or grappling

Brazilian Jiu Jitsu

What is Jiu Jitsu?

Jiu Jitsu is an old traditional Japanese system of Martial Arts that incorporates holds, kicks and strikes with its strength lying in its holds and throws.

What is Brazilian Jiu Jitsu?

Brazilian Jiu Jitsu (BJJ) is the evolution of traditional Jiu Jitsu that took knowledge of tough Brazilian fighting styles and refined the traditional Jiu Jitsu techniques into a dynamic effective style now known as Brazilian Jiu Jitsu. Brazilian Jiu Jitsu (BJJ) uses shoots, throws and sweeps to take an opponent to the ground to then control them and then submit them through a series of arm and leg bars, shoulder and ankle locks and chokes. It does not have particularly strict class etiquette but is practiced in a traditional Gi (uniform)

Beginner Classes

Beginner classes assume no prior knowledge and introduce you to the positions and submissions of BJJ, with safety being a priority, all students learn how to safely apply techniques.

What will I learn?

While training in BJJ you will learn how to initiate and prevent various takedowns, how to control and escape when on the ground and how to apply and defend against various chokes and locks.

What do I wear?

Many techniques in BJJ use the opponents clothing for grips so an old t-shirt is best before getting a training uniform. You can train barefoot or in designated wrestling shoes.

What do I need?

You do not need much equipment for BJJ, a uniform and a mouthguard is substantial. However you can also purchase ear guards, groin guards and wrestling shoes.

Do I need to be fit?

You do not need to be fit to start training you only need to be in the class regularly and your fitness, confidence and skills will improve dramatically.

Brazilian Jiu Jitsu Terminology

Positions

- **Mount**- Sitting on top of your opponents' chest or stomach while they are flat on their back. A very dominant position
- **Side Control**-Laying at 90 degrees to your opponent chest to chest while they are flat on their back. Can be short base legs bent or long base legs straight. A dominant position
- **Front Control**- Laying at 180 degrees to your opponent chest to chest while they are flat on their back. Can be short base legs bent or long base legs straight A dominant position
- **Guard**-using your legs to control your opponent whilst on your back or sitting. Can be closed guard, legs locked, or open guard. The best of the bad positions
- **Half Guard**- when your opponent has one of your legs trapped with their legs. This position is similar whether you are on top or underneath.
- **Side Mount**-Sitting astride your opponent when they are on their side. A dominant position
- **Back Control**-Being behind your opponent whether they are face down, face up or sitting. Often used with your legs hooking inside your opponents legs to help control them- a dominant position

Techniques

- **Arm bar**- any of a variety of submission techniques that extends you opponents arm past the point of comfort.
- **Shoulder Lock**-any of a variety of submission techniques that rotates your opponents shoulder past the point of comfort.
- **Leg Bar**- any of a variety of submission techniques that extends you opponents leg past the point of comfort
- **Choke**- any of a variety of submission techniques that interferes with your opponents airways or circulation in the neck.
- **Ankle Lock**- any of a variety of submission techniques that extends you opponents ankle joint past the point of comfort
- **Tap Out**- To tap the floor, yourself or your opponent as an indication to stop. Used when a position or submission technique is causing excessive discomfort. Tapping out is most obvious and safest when tapping on your opponent.
Close attention and anticipation of your opponents Tap Out is needed when applying submission techniques for your partners safety.

Brazilian Jiu Jitsu Grading System

- White Belt
- Yellow Belt
- Orange Belt
- Green Belt
- Blue Belt
- Purple Belt
- Brown Belt
- Black Belt

Stripes are awarded for participation throughout the ranks and major stripes are awarded after a grading examination from Blue Belt on.