

# Legacy American Martial Arts



## Brazilian Jiu Jitsu Student Handbook

## The Values and Philosophy of Legacy American Martial Arts

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Each person who becomes involved in the martial arts has a different objective: to improve his or her physical condition, to learn self-defense, or perhaps to improve self-discipline – to meet a mental as well as physical challenge. Each of these different goals, however, reflect one common thought: personal improvement. Because each student has different capabilities (mentally and physically), our instructors concentrate on individual progress. There are certain physical techniques and technical concepts that must be mastered as the student proceeds through the ranks – and some progress more quickly than others. Students are not compared to one another; each is judged according to the concept of “personal victory” – a measurement of individual improvement based on personal potential.

Because of the “personal victory” concept, our programs are exciting forms of mental and physical exercise for both children and adults. The current physical condition of the student is not an issue because personal improvement is the common goal. If the student is willing to attend classes two or three times per week, he or she will meet their goals, and they may receive additional benefits they never expected.

As students attend classes regularly, they prepare for periodic rank tests to achieve progressively higher ranks, signified by the color of the belt or sash worn with their uniform. Upon successfully testing through the color belt or sash ranks the student is awarded his or her First Degree Black Belt or Sash.

The beginning student often considers the Black Belt (Taekwondo), Blue Belt (Brazilian Jiu Jitsu) or Black Sash (Tai Chi) to be the ultimate goal, but the successful martial artists realize that their training actually began when they achieved that benchmark. The study during the early ranks teaches the student the fundamental techniques, theory, and movements needed for training. Each belt or sash is the beginning of a wonderful journey; it is not the destination.

This student handbook will acquaint you with our school’s general policies and procedures and answer many of your questions. Please take the opportunity, also, to meet with your instructors; they are committed to your success and will be pleased to answer additional questions and help you achieve your goals. Also, take time to meet and get to know your fellow students and training partners. As you train and progress in the martial arts your classmates will be there to support and push you. While the martial arts are an individual activity we train as a team. By helping others grow we are making ourselves and the team stronger!



Jena Bushey  
Chief Instructor



Jack Smail  
Head Instructor

# Brazilian Jiu-Jitsu Program



**Mr. Jack Smail – Head Instructor of Legacy’s BJJ Program**

## Brazilian Jiu-Jitsu Program

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Our school is affiliated with the Roy Dean Academy (RDA). Professor Dean holds a 3<sup>rd</sup> degree black belt in Brazilian Jiu-Jitsu and known in the BJJ community for his clear instruction and precise technique. A YouTube search of “RDA BJJ belt test” will not only put the high level of technical skill and heart of his students on display, but would also give you a glimpse of what Brazilian Jiu-Jitsu is about.



Professor Roy Dean

Brazilian Jiu-Jitsu (BJJ) is a martial art that focuses on the use of joint locks, throws, and choke holds to control and neutralize an opponent. Rather than relying on strength or athletic ability to perform techniques the goal in BJJ is to use proper technique, leverage, and timing to apply the movements. This is what will allow a person to defeat a physically larger and/or stronger opponent. Do not strive to do a technique “hard” or “fast” – strive to do it “right” with the correct timing.

It is common for students with no experience in grappling to feel lost and awkward when they begin training in BJJ. This is normal! There are many different positions you can find yourself in when grappling and it takes time to become familiar with them all. Keep coming to class, drilling the techniques, and asking questions - it will all come together! It takes around 6 months before BJJ begins to make sense.

Whether it is practicing new techniques, improving known skills, or grappling, the majority of your time in class will be spent with a training partner. This means your classmates are a key to your success – so take care of them! As everyone improves so does the quality of the training partners at the school. Be a good training partner, encourage your classmates, remember that safety is more important than winning, and have fun!

## Class Structure

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When it is time for class to begin students will line up on the mats and take a sitting position. Use this time to clear your mind and mentally prepare yourself for training. The senior student will clap twice to signal the start of class and everyone will do a bow. From there students will begin the warm-up which is made up of specific movements you will use frequently in Brazilian Jiu-Jitsu.

After warm ups the technical portion of class will begin. In class students practice proper body posture as well as one to three techniques that can be performed from that position. When learning new techniques, it is expected that students will first practice with minimal resistance from their partner. As a student gains in technical skill and confidence they may request more resistance from their partner. Keep in mind that the goal of Brazilian Jiu-Jitsu is to overcome resistance and solve problems through superior technique, not speed and strength. You should only go as fast as proper technique will allow. If you are unsure of what to do or what is being asked of you please do not hesitate to ask your instructor. Our goal is to help the student succeed and meet their goals.

At the end of the technical portion of class students will have the opportunity to practice their own techniques or to engage in “rolling” – applying your techniques against a resisting opponent who is trying to apply their own techniques against you. Keep in mind that while BJJ is an effective art it is also a recreational activity for most people. Exercise self-control and common sense. Respect your training partner and take care of them.

Class will be over at the conclusion of drilling and rolling period. Students will line back up like at the start of class and the senior student will again clap twice to signal the end of class. There will be one last bow and class will be dismissed. Students are welcome to continue rolling, ask the instructor questions, or drill techniques during the “open mat” time after class. Typically during rolling you will find yourself stuck in certain positions or notice that you are having difficulty performing certain techniques. This “open mat” time is a great opportunity to work towards solving those issues and improving your performance in future classes.

Depending on your physical condition before taking up training you may feel soreness or stiffness as a result of class. This means the training is working! It may take time for your body to adjust to new ways of moving or simply to the level and type of physical demands being placed on it. Activities such as additional stretching, a light workout the next morning, or simply an improved diet can help alleviate those symptoms.

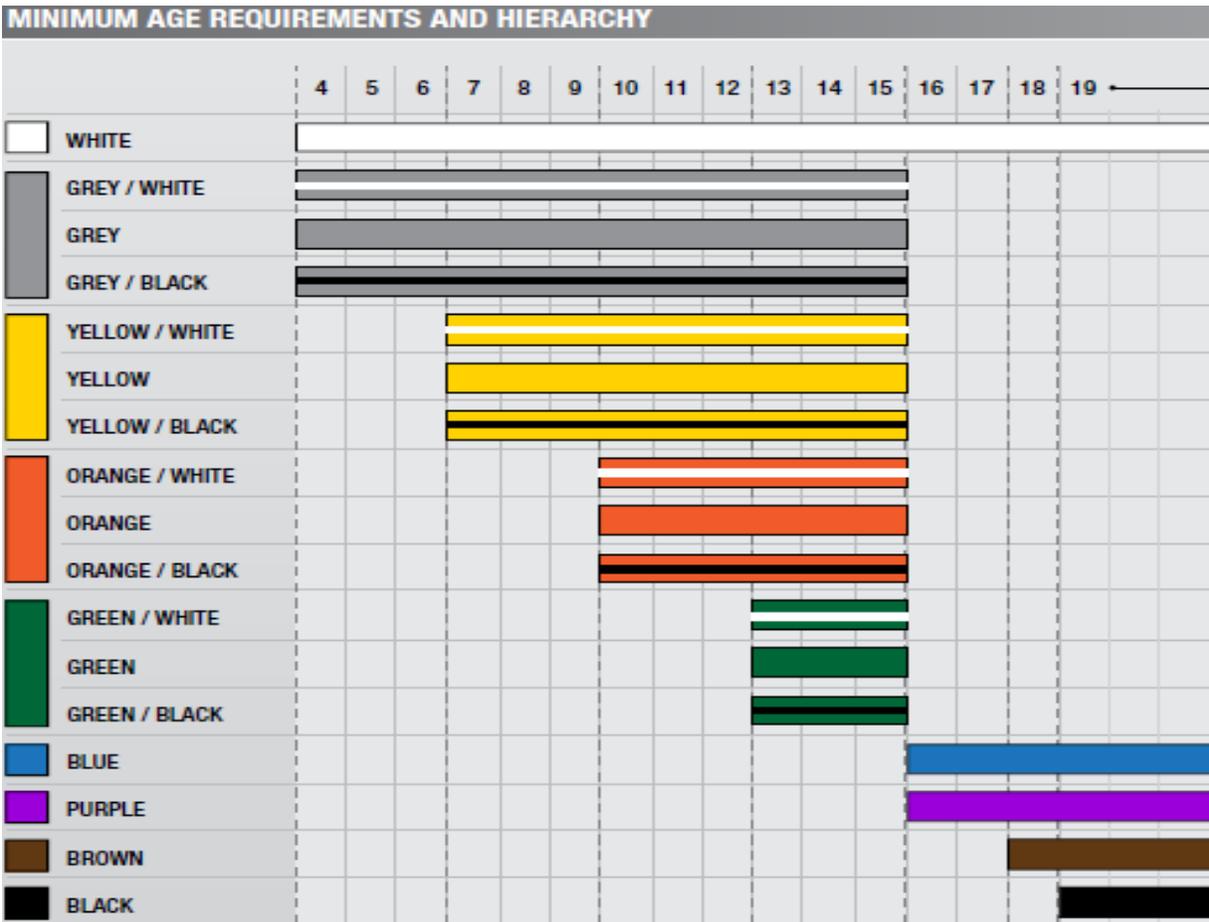
## Etiquette and Protocol

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1. The submission techniques learned in class are very effective. When applying your technique it is your duty to apply the techniques in a controlled manner, giving your partner time to “tap out”.
2. When you have been caught with a submission – tap out. “Tap out” means “stop”. The submission techniques in BJJ are effective against a resisting opponent. If you continue to resist against a properly applied submission injury will occur. You can tap out verbally by yelling “tap” or “stop”. You can also tap your opponent 3 times noticeably on their body. It is preferable that you do both.
3. BJJ is an art that relies on quality training partners. A quality training partner is someone you trust. To become a quality training partner your classmates must be able to trust that you will apply techniques in a controlled manner and trust that you will protect yourself by tapping out when they apply submissions on you.
4. Students may not perform submissions to the legs without the expressed permission of the head instructor.
5. Students are encouraged to participate in the class enthusiastically; however, students should avoid unnecessary conversation and should speak only at the proper times.
6. If a student does not understand a directive, ask that the instruction be repeated. A student is expected, however, to pay careful attention so the class may proceed with minimal interruption.
7. Let the instructors know before class if you have a personal injury or limitation that may affect your performance. If an instructor asks the class to perform a movement you cannot do, perform a different drill instead. (Example: If you are asked to do push-up and have an elbow injury that will not allow you do perform push-ups, perform sit-ups instead.)
8. As a courtesy and out of respect to others, student uniforms should be kept clean and in good repair.
9. For everyone’s safety no jewelry, with the exception of wedding rings and medical tags, should be worn during training. Wedding rings with protruding stones should be removed.
10. Make sure finger and toes nails are trimmed as to avoid cuts to your training partner.
11. As classes contain partner drills please maintain a proper level of personal cleanliness. Strong perfume or cologne should be avoided. Avoid smoking before class. Wash your uniform. Students who are ill should refrain from training in class until the illness is no longer contagious.

## Brazilian Jiu-Jitsu Ranking System

Legacy follows the International Brazilian Jiu-Jitsu Federation's (IBJJF) rank system. Notice the age restrictions for the various ranks. Everyone starts at white belt. Students under the age of 16 will be promoted to the grey belt while students 16 years of age and older are promoted to the blue belt.



To be promoted to the next rank students will need to earn 4 stripes on their belt and perform a demonstration. Junior students perform a Skills Review at the end of each month in which they earn points towards rank progression. The review consists of a demonstration of their monthly curriculum and 4 rounds of grappling. Every 40 points a student earns means they will also get a stripe or be eligible for a belt test. Adult students review and demonstrate their monthly curriculum at the end of the month. Adult white belt students can expect to earn a stripe every 3-6 months of training.

Belt promotion in Brazilian Jiu-Jitsu is fairly infrequent. While children can earn a new belt about once a year, adults are frequently at their belt rank for years at a time. Depending on the individual and the school a student can earn a black belt in between 6 and 15 years. While this may seem like a long time, students come to find that they simply enjoy training - rank progression comes from showing up to class, enjoying the art, and improving on what they know.

## Skill Reviews

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Towards the end of every month students review and demonstrate the curriculum taught over the past month in class. Junior students earn points towards their next belt promotion at these reviews. The amount of points they earned are based on their demonstration of specific key points while performing the monthly curriculum and while rolling. The key points for juniors are;

- Posture
- Grips or Frames
- Pressure
- Proper Technique
- Safety & Control

Towards the end of the Skill Review, Mr. Smail will calculate his scores and award stripes to students who earned enough points and belts to students who successfully completed their demonstration. All juniors will receive the score sheet Mr. Smail used to evaluate them the following week in class. This gives students an opportunity to see where they are excelling at and what they need to focus on during the next month of training.

Adult students also review their monthly curriculum, but review is much more informal. Students develop skills at a more rapid pace with a structured curriculum and these reviews offer an opportunity to create short-term performance goals for adults. Skill Reviews are a time for the instructors to evaluate student progress over the past month and for the students to ask additional questions and bring up technical issues they are discovering as they implement new skills into their grappling.