

Welcome to Fight to Win Denver! We are very happy to have you as a part of our team & are confident that your decision to start training with us will have a positive impact on many areas of your life, if you dedicate yourself to consistent practice! Our academy is the premier source for instruction in Brazilian Jiu-jitsu & Muay Thai in the Denver, NC area. Our professional instructors are dedicated to making sure that you get the highest quality instruction possible as we guide you to realizing your maximum potential!

To help you have the best experience possible, here are a few tips to help you get started in your new undertaking:

- Take it slow. Training in Jiu-jitsu/Muay Thai is a marathon, not a sprint. The key to progress is consistent dedicated practice over time. Try to pick up a little bit at a time & don't get frustrated if you don't understand everything right away; you're not supposed to. Pace yourself. It is not necessary to train every day. Listen to your body when you need to take a day off to rest, especially in the beginning. Please ask questions.
- Be sure to sign in through the iPad kiosk for each class that you attend every time that you come in to train. This helps us to keep track of your class attendance, which, among other things, is a major factor when it comes time for promotions.
- Introduce yourself to your training partners. A major part of training is the social aspect, so get to know your new training partners. Everyone is working towards the same goal, and that is to get a little better every day, so your teammates will be more than happy to help you out. Everyone had a first day on the mat.
- Please familiarize yourself with the academy rules to better understand the culture of the academy & training. These are all pretty basic common sense things to help everyone have the best experience & keep everyone safe.
- Bring flip flops or sandals with you to class for use when off the mat. You may want to bring a water bottle & towel also. For your convenience, a water cooler is available for refilling water bottles. Bottled water is also available for purchase in the cooler.
- Rental gis and equipment are made available for the convenience of our students. While we strongly recommend that all students have their own gi and training equipment, rental gis, as well as boxing gloves/shinguards are available for \$5/class. Please leave used rental gis in the hamper in our changing room, and rental gloves/shinguards on the drying rack by the mat.
- Make sure that you keep in contact through our website, Facebook, and other social media outlets & subscribe to our newsletter to keep up with any closings/cancellations, as well as upcoming seminars, special events & useful info.
- Check your ego at the door. Nobody is good at this when they start & it takes a long time to reach a high level of skill. Have reasonable expectations about your progress. Going too hard too soon only leads to frustration & injuries. The best way to learn is through cooperative drilling with a partner. Don't try to give too much resistance too soon. Be willing to tap early & often, and remember to always take care of yourself & your training partner!
- Most importantly, HAVE FUN! You may very well find that your choice to begin training will be one of the best decisions you ever made. However, everyone deals with frustration & feeling stagnant from time to time. Push through it & remember why you started. Above all else, training is supposed to be fun. Setting reasonable goals & maintaining a positive mental outlook will help you to be successful!

## **What is Brazilian Jiu-Jitsu?**

Jiu-jitsu is a weaponless martial art that utilizes holds, throws and striking techniques to subdue or disable an opponent. There are 5 elements to Jiu-jitsu: Standing Self-Defense, Striking Techniques, Throwing Techniques, Grappling Techniques and Philosophy.

Brazilian Jiu-jitsu refers to the specific style of Jiu-jitsu made famous by the Gracie family from Brazil. Brazilian Jiu-jitsu traces its roots to the older Japanese art Jujutsu, which was later refined in Japan for more sporting purposes & renamed Judo. Judo & Jiu-jitsu have many techniques in common, however, Judo emphasizes primarily throwing techniques, while Jiu-jitsu focuses more on finishing the fight on the ground. The term “Jiu-jitsu” literally translated means “Gentle Art”, and it focuses on using leverage and technique to redirect your opponent’s strength and to maximize your own strength in the most efficient manner possible. The Jiu-jitsu fighter strives to achieve dominant position & control over their opponent, often subduing them by applying a submission hold (choke or joint lock). For this reason, the techniques of Jiu-jitsu have been proven to be very effective for smaller, weaker people, even against a much larger opponent. In Jiu-jitsu, there are no static “forms” or moves that are “too lethal” to practice in any type of realistic context. An important element in the training methodology of Jiu-jitsu is that practitioners can safely spar at full speed with live resistance, with minimal chance for serious injury. This gives students the ability to test the effectiveness of their techniques against a resisting opponent. Live sparring and drilling is a very important component of training in Jiu-jitsu. Rank advancement is based not only on time or learning a certain set of techniques, but also on a student’s ability to apply their techniques in a realistic situation with a resisting opponent.

Jiu-jitsu is traditionally practiced in the gi, or kimono, a uniform consisting of loose fitting pants and a jacket, which enables the practitioner to use the grips on the cloth to hold, throw, and submit their opponent. However, techniques for training without the kimono (or “no-gi”) are also taught. In recent years, Brazilian Jiu-jitsu has become very popular in sport grappling tournaments, and mixed martial arts (MMA), however it’s roots and primary application is as a self-defense art. Following Royce Gracie’s success in the early days of the UFC which proved unquestionably the effectiveness of this martial art, it is now a staple of every professional fighter’s arsenal. Whether you are young or old, looking for a healthy hobby, a system of self-defense, or wanting to become a competitor or professional fighter, the practice of Brazilian Jiu-jitsu will give you a lifetime of benefits, if you are willing to put in the time & dedication to become a serious student.

### **The History of Brazilian Jiu-Jitsu**

Brazilian Jiu-jitsu is also sometimes known as “Gracie Jiu-jitsu”, a term coined by Gracie family, who developed the art in Brazil and spread it throughout the world. Carlos Gracie, the first Gracie family member to learn the art, studied a Japanese form of Jujutsu in the early 1900’s in Belem do Para, Brazil under a famous Japanese martial artist named Mitsuyo Maeda (or Conde Koma), a student of the Kodokan in Japan. Maeda was well known for fighting in numerous grappling matches and no-holds barred fights throughout the world. His realistic style of fighting, with a heavy emphasis on ne-waza (or ground fighting) was passed on to Carlos, who in turn taught the art to his younger brothers,

most notably Helio Gracie, who then passed the art to their own siblings, children, and cousins. In 1925, the first Academia Gracie was opened in Rio de Janeiro, Brazil and the Gracie family began to teach their art to the general public, and soon this became the family business.

Carlos Gracie's younger brother Helio Gracie, was much smaller and physically weaker than his older brothers, and therefore had difficulty with many of the traditional Japanese style techniques that demanded a higher level of athleticism. After watching and studying the techniques, Helio altered some of the techniques to maximize the use of leverage and minimize the force required to execute the technique, thus further refining the art as an effective system of self-defense.

Helio & Carlos, along with other family members, continued to refine and develop their art. As the Gracie family began to become more famous in Brazil, Carlos and his brothers established a solid reputation by issuing the now famous "Gracie Challenge". All challengers were welcome to come and fight with the Gracies in no-holds-barred (NHB) matches. The Gracie fighters emerged victorious against fighters of all different backgrounds. The Gracies continued to hone their skills with the realities of real fighting.

Several members of the Gracie family began to immigrate to the United States in the late 1980's, and began to teach, however their art was not well known in the U.S. In the early 1990's, one of Helio's son's, Rorion Gracie, came up with an idea to bring their no-holds barred style of fighting to the United States as a way to showcase the effectiveness of their fighting style. His idea would become what is now known as the Ultimate Fighting Championship (UFC). The popularity of Jiu-jitsu exploded when, in 1993 Royce Gracie, one of Helio's sons, won the very first UFC, easily defeating three separate, and much larger opponents from a variety of fighting backgrounds. He followed that with a string of victories in subsequent UFC events, where martial artist and fighters of various disciplines fought against each other in a no-holds barred format. Unlike the mixed martial arts (MMA) fights today, at this time, there were no weight classes, no protective equipment, very limited rules, and multiple fights in one event. Shortly after, Royce's brother Rickson went undefeated in similar events in Japan, and other members of the Gracie clan were equally as successful in MMA events around the U.S. It became quickly apparent that fighters versed only in punching and kicking lost every time they faced an opponent trained in Jiu-jitsu. The emergence of the Gracie family and their particular brand of Jiu-jitsu, with its time tested and proven effectiveness in challenge matches and MMA fights, has had a major impact on martial arts worldwide. Jiu-jitsu continues to be a major part of almost every professional fighter's training today.

Brazilian Jiu-jitsu, although obviously similar in many respects to Judo and other traditional systems of Japanese Jujutsu, differs in some fundamental ways from all other related systems. Judo was originally designed as a powerful system of self-defense that also included a sportive component and the idea of self-cultivation and the mutual benefit of members of society. Presently, although the techniques of Judo may certainly be applied in real fighting situations (and many practitioners of "sport" Judo have applied their skills very effectively in non-sportive confrontations), the emphasis in most schools is on sport competition. During the course of the last century the rules of Judo began to emphasize means of achieving victory in competition that did not necessarily reflect the conditions of real fighting. For example, a Judo match may be won by a throw or a pin hold without a submission. These rules and limited groundwork that forbids many of the original submission holds found in early Jujutsu, somewhat

limit direct applicability to street fights. Other styles of classical Jujutsu are still plagued by the original problem Kano addressed with his emphasis on randori, namely, technical training is limited to kata practice.

Brazilian Jiu-jitsu has followed a different course in the last 80 years. The Gracie challenge and participation in countless free fighting events has led to a different emphasis in fighting strategy and the development of unique rules for sport competition. Brazilian Jiu-jitsu is divided into three broad categories, each mutually supportive of the others; self-defense (including striking techniques and unarmed techniques against armed opponents), free fighting competition (commonly referred to as “vale tudo” or “anything goes” events, now popularly called MMA), and sport grappling with and without the gi (matches that include a wide range of submission holds, but no striking).

The overall fighting strategy of Brazilian Jiu-jitsu is designed to equip a physically smaller or weaker individual with an effective method of defending against a larger and stronger attacker. When applying Jiu-jitsu techniques, leverage is paramount, as leverage is the secret to the application and most efficient use of force. Jiu-jitsu also has the most developed methods of fighting while on one’s back, a position weaker fighters will often find themselves when attacked. The innovations of the Gracie family, most notably by grandmasters Carlos and Helio Gracie, through constant testing and refinement in the crucible of actual fights, has resulted in this uniquely effective style of Jiu-jitsu as a complete self-defense system.

### **Jiu-jitsu Philosophy-The 7-5-3 Code™**

Philosophy is one of the 5 elements of Jiu-jitsu, and is what separates Jiu-jitsu as a martial art from other martial sports, such as boxing or wrestling. In other words, as practitioners of Jiu-jitsu, we are not striving just to become better fighters, but ultimately to become better people. The hours of hard work & sweat & sacrifice that we put in helps us to not only develop our physical skills, but to develop character as well. The backbone of the Jiu-jitsu philosophy, just like its physical techniques, has its roots with the Samurai of Feudal Japan. The Samurai lived by a warriors code of ethics, known as Bushido, that helped to guide them through their daily lives. This philosophy can be broken down into the 7 Principles of the Warrior, the 5 Keys to Health, and the 3 States of Mind of a Warrior, or the 7-5-3 code.

#### **7 Virtues of a Warrior:**

- 1 Rectitude.** Doing what is right without regard for the consequences.
- 2 Courage.** Inner strength to resist opposition.
- 3 Benevolence.** The disposition to be good.
- 4 Politeness/propriety.** Proper consideration and courtesy to others.
- 5 Honesty/sincerity.** Genuine integrity in character and action.
- 6 Honor.** Profound respect and ethical conduct.
- 7 Loyalty.** Faithfulness and allegiance.

#### **5 Keys to Health**

- 1 Rational nutrition
- 2 Sensible exercise
- 3 Efficient rest
- 4 Proper hygiene
- 5 Positive attitude

### 3 States of Mind of a Warrior

- 1 **Zanshin.** This means awareness, alertness, and readiness- the ability to be prepared 24/7. Unlike many competitive sports, Jiu-jitsu has no off-season. One is prepared and strong always- strong in any moment, strong in a crisis. It is a lifestyle.
- 2 **Mushin.** This literally means “no mind.” If there is too much on the mind, it slows one down. A clear mind allows one to react spontaneously. Warriors always react with a clear mind.
- 3 **Fudoshin.** This means a “state of emotional balance.” With this, nothing can move one out of the center. One is always at the center of the bell curve. Variations in emotion are small. There is no drama, no sadness when there are difficult events, no depression, no celebration, and no big adrenaline rushes. It is “real balance.”

### What is Muay Thai?

Muay Thai, Thailand’s ancient form of combat & self-defense, is known as "the art of eight limbs" because it is characterized by the combined use of fists, elbows, knees, shins to strike vital points of the opponent. It is through Muay Thai’s use of stand-up striking along with various clinching techniques and good physical conditioning & preparation that makes a full-contact fighter very efficient. This physical and mental discipline became widespread internationally in the twentieth century, when practitioners defeated notable practitioners of other martial arts.

Training Kickboxing/Muay Thai will increase your self-confidence, flexibility, increase stamina, & decrease your stress levels while improving your health & coordination. As a traditional martial art, we focus on the whole self (body, mind, and spirit). We also promote values such as respect, unity, humility, discipline, & modesty with lots of hard work & fun.

Typical training sessions include a variety of exercises & techniques so that you will never get bored doing the same thing over & over. Classes include things such as: flexibility drills, calisthenic warm ups, boxing & kickboxing technical breakdowns, one on one drills, conditioning, sand bag rounds, Thai pad drills, & supervised soft sparring for the first few months while students learn the basics.

## **Instructors**

### **Steve Hall-Fight to Win Team Leader**

#### **Royce Gracie Jiu-Jitsu Black Belt (2nd Degree)**

Beginning his journey in the martial arts at the age of 11, by 17 Steve Hall had earned his first black belt in Tae Kwon Do. After moving to Florida, he started training Judo and Brazilian jiu-jitsu (BJJ) with Bill Murphy and Marcio Simas and received the blue and purple belts under the Gracie Barra system. Bill stepped down and 2nd Degree Royce Gracie Black Belt, Charles dos Anjos, took over as head instructor of the Florida school. Under his tutelage, Steve received the brown and black belts from Master Royce Gracie. For the past 12 years, Steve has focused most of his training on BJJ, Judo and American Wrestling. In October of 2006, he was awarded the rank of black belt by Master Royce Gracie, the son of the founder of Gracie Jiu Jitsu(GJJ), Grand Master Helio Gracie (1913-2009).

At the time Steve was only the 9th Royce Gracie black belt given in the world. Steve is currently very competitive in the jiu-jitsu community, placing in many regional and international tournaments and competing in invitation-only superfights. He supports the growth of the sport as an active competitor and referee for the North American Grappling Association. He has been traveling internationally with NAGA for over 10 years, as well as teaching seminars to the competitors for many of the tournaments. Steve also teaches seminars to many Royce Gracie network schools, several local schools and military and law enforcement in North Carolina, South Carolina, West Virginia, Virginia, Maryland and Florida.

Steve has also competed in several mixed martial arts (MMA) competitions with an amateur record of 4-1 and pro record of 3-2

### **Jon Plyler-Owner/Head Instructor Fight to Win Denver**

#### **Royce Gracie Jiu-jitsu Black Belt**

Jon Plyler began his martial arts training at the age of 12. After 15 years of training & teaching traditional martial arts, he began to train in grappling and ground fighting, primarily cross training in no-gi submission wrestling in 2000 and formally began training Brazilian Jiu-jitsu in 2004 under Professor Paulo "Mushu" Elsimani. Later in his career Jon began training with Alliance Jiu-jitsu of Charlotte under Professor Luis "Sucuri" Togno. November 2005, he received his blue belt from Romero "Jacare" Cavalcanti (founder of Alliance Jiu-Jitsu). In June 2008, Jon received his purple belt and in August 2010 was awarded his brown belt under Luis Togno. After Prof. Togno tragically passed away in February of 2011, he continued his training under Prof. Steve Hall, 2nd degree black belt & head instructor at Fight to Win Brazilian Jiu-jitsu in Charlotte. On December 9, 2013, Jon Plyler received his black belt in Brazilian Jiu-jitsu directly from UFC legend Royce Gracie, the son of Founder Helio Gracie. Jon is a certified referee for US Grappling and NAGA (North American Grappling Association) & regularly travels throughout the country & around the world refereeing & competing in sport Jiu-Jitsu tournaments.

Jon also has a law enforcement background. He served for 15 years as a full-time sworn law enforcement officer. He is certified by the NC Justice Academy as a specialized defensive tactics and ground defense instructor, and has taught defensive tactics and ground defense courses for law enforcement agencies throughout the region.

### **Luke Amos-Assistant Jiu-jitsu Instructor**

#### **Jiu-jitsu Brown Belt**

After spending most of his life playing soccer and basketball, Luke Amos started Brazilian Jiu Jitsu with Yamasaki Academy in 2004 in Northern Virginia. Luke received his blue belt in 2006 and his purple belt in 2008 after training and competing under black belts Mario and Fernando Yamasaki and David Jacobs. He currently trains and competes under second degree Black Belt, Steve Hall. Luke earned his brown belt under Steve Hall in July of 2014. Luke has a background in Physical Education and seeks to use his skills to train and bring out the best in the students of Fight to Win.

### **Ryan Leggett-Assistant Jiu-jitsu Instructor**

#### **Jiu-jitsu Brown Belt**

Ryan began training Gracie Brazilian Jiu-jitsu in 2007 with Royce Gracie Black Belt Greg Thompson. After moving to Charlotte, Ryan joined the Fight to Win family in 2010 and received his brown belt from Royce Gracie Black Belt Steve Hall in December, 2015. Ryan is currently employed as a full-time law enforcement officer & law enforcement trainer. Ryan is certified by the NC Justice Academy as a defensive tactics and advanced ground defense instructor.

### **Brent Simpson-Assistant Jiu-Jitsu Instructor**

#### **Jiu-jitsu Brown Belt**

Brent began his martial arts journey studying traditional martial arts, boxing and kickboxing through his childhood and teenage years. In 2009, he was introduced to Judo, Muay Thai and Combat Submission Wrestling at Hard Target under Professor Rob Hunter. In 2010, he began training at Fight to Win under Professor Steve Hall. He was promoted to blue belt in Brazilian Jiu-jitsu in December, 2011, and then earned his purple belt in July, 2014. Brent received his brown belt in December 2016. He has extensive military & law enforcement experience, and currently serves as an active sworn law enforcement officer & trainer, with CMPD, where he is a defensive tactics, firearms, and physical fitness instructor.

### **Carlos “Charlie” Canales-Muay Thai Instructor/Assistant Jiu-Jitsu Instructor/Judo Instructor**

#### **Muay Thai Black Belt (2nd Degree), Judo Black Belt, Jiu-jitsu Purple Belt**

Kru Carlos A. Canales started martial arts at the young age of 12 studying Goju Ryu Karate, and later Aikido & Aikijutsu. In 1999, Carlos started his Muay Thai training with Sensei/ Kru Walter Alvarado and has obtained from his professor a Second Degree Black Belt (western rank). Carlos always worked as assistant instructor for Costa Rica Kickboxing (training and teaching from 1999 to 2009), learning from his coach all the fighting secrets and teaching techniques of Muay Thai. In 2004 started his Judo and Japanese Ju Jitsu path under Shihan Guillermo Guzman Hernandez (Kambujutsu Academy), receiving his blue belt in Judo and Ju Jitsu in 2009.

In 2009, Carlos, opened his own martial arts academy in Costa Rica with his friend and professor Sensei Luis Soto Duran Head Instructor of the Danzan Ryu Kodenkan for Costa Rica. In 2013 he obtained Danzan Ryu Judo & Ju Jitsu Kodenkan Self Defense Brown Belt, and later, in 2015, was promoted to black belt in the same system.

In 2010 signed up his dojo to Mauro Sergio de Oliveira Brazilian Jiu Jitsu, pioneer of the Brazilian Jiu Jitsu in Costa Rica and IBJJF World Champion, and obtained his Brazilian Jiu-jitsu blue belt in 2012. Carlos has competed regularly in several styles of martial arts with a good deal of success. In 2013 Carlos A. Canales moved to North Carolina. Carlos has become a member of the Fight to Win family, and is a great asset to the team. In addition to continuing his own training, he regularly assists with the kids classes, helping to develop the next generation of Jiu-jitsu practitioners. Carlos earned his purple belt in Jiu-jitsu under Steve Hall/Jon Plyler in January, 2016.

## **Training Attire**

### **Jiu-jitsu**

All students are required to have an appropriate Jiu-jitsu training uniform, known as a kimono or gi. Students may purchase a gi through the academy, or may purchase a gi on their own, but it must be a Brazilian Jiu-jitsu gi. Only white gis are allowed for training. Students are encouraged to purchase the team/academy patch and have it sewn on their gi top in the appropriate locations. An appropriate gi must be worn in all gi classes unless the class instructor explicitly states otherwise. Gis and belts must be worn/tied correctly, and must be clean and in good repair. Gis/belts should not be left lying around on the mat. For no-gi classes, students should wear shorts (preferably grappling shorts) with no pockets and a t-shirt or rashguard. A mouthpiece is also encouraged to be worn, particularly during sparring/rolling.

### **Muay Thai**

For Muay Thai classes, students should wear shorts, preferably Muay Thai or MMA shorts and a t-shirt or rashguard. All students should obtain properly sized hand wraps. The instructor will demonstrate the proper way to wrap the hands. Students will also need appropriately sized boxing gloves & shin guards. Handwraps, gloves, shinguards, and mouthpieces are available for purchase through the academy. A mouthpiece for sparring is also recommended. For kids, Muay Thai classes headgear is also required.



## **Jiu-Jitsu Belt Rankings & Promotions**

The rank structure and promotional process in Brazilian Jiu-jitsu is significantly different from many other martial arts. All students (regardless of rank in other martial arts styles) who are new to Jiu-jitsu or have not been awarded any rank in Brazilian Jiu-jitsu yet will wear a white belt during Jiu-jitsu classes.

Students are not promoted solely based upon being able to perform a certain set of techniques, on length of time in the program, or on age. Rather, they are evaluated on their overall performance & comprehension of the art. Belts are awarded when an individual's knowledge and skill level rise to an appropriate level as determined by the instructor. This is a very hands-on process, and students are generally evaluated on their actual performance and ability to apply techniques in live situations, such as in sparring. Above blue belt, there is a specific testing process for rank advancement. This is a standard that has been established by the Fight to Win team, and students being evaluated for these ranks will go through a formal testing process to demonstrate their knowledge & evaluate their technique. This is because they are considered advanced students & may assist with teaching. Purple belt candidates will be tested on their understanding of the basic fundamental positions & techniques of Jiu-jitsu. Brown belt candidates will go through a comprehensive self-defense test. There are also some minimum time/age standards for promotions. Again, these are minimum standards and meeting these requirements only means that a student may be considered for promotion. Adult students must have a minimum of 40 classes in between belt promotions. Kids must have a minimum of 20 classes in between belt promotions.

It is important for students to understand that Jiu-Jitsu is a very complex art and takes many years of practice to achieve a high degree of proficiency. Belt promotions are a rare thing in Jiu-jitsu, and the time between different belt ranks is often several years. Each student progresses at their own individual rate, but generally it can take 8-12 years of consistent training to achieve a black belt level. Don't be discouraged or frustrated by a seeming slow progression through the belt ranks. If you keep showing up & training, the belts will take care of themselves. Remember, a black belt is simply a white belt that didn't quit!

In Jiu-jitsu, there is a separate rank structure for kids and adults. The belt systems are listed below:

### **Kids Belt System**

*White, Yellow/White, Yellow, Orange/White, Orange/Yellow, Orange, Green/White, Green/Yellow, Green/Orange, Green*

Green is the highest belt a student can achieve prior to turning 16 years old, at which time the student will be graduated into the adult belt system. Depending upon skill/experience level, they may be promoted to blue belt at that time & continue with the adult curriculum and ranking system. Students

who are 16 years old but are not yet at the technical level or experience for the blue belt may receive a provisional blue belt, indicated by a white bar on the end of the belt.

## **Adult Belt System**

*White, Blue, Purple, Brown, Black*

Within each belt rank, there are four levels, indicated by white stripes on the bar at the tip of the belt. Once a student reaches black belt, they will wear a solid white bar on the end of the belt for a minimum of the first two years. After that, they may be promoted to the navy blue bar with the instructor stripes on each end (the blue bar is specific only to Royce Gracie's network & represents the direct lineage to Helio Gracie who preferred to wear a solid navy blue belt later in his life). Stripes for various degrees of black belt may then be added.

## **Class Rules & Etiquette**

**While Brazilian Jiu-jitsu typically tends to be less formal than many martial arts, abiding by the following basic rules of etiquette will ensure that everyone has a safe, fun, & rewarding training experience in an environment that is conducive to learning.**

**1. Please show up to class on time.** Try to arrive 10-15 minutes ahead of time. All students should be dressed out & on the mat prior to the scheduled class start time. Coming into class late causes a disruption for the entire class. However, sometimes being late is unavoidable. If you do come in late, acknowledge the instructor prior to joining the class. Also, if you need to leave early, please let the instructor know ahead of time.

**2. Be aware of your personal hygiene.** Please wear a gi that is clean, free of foul odors, & in good condition for EVERY class. Training in jiu-jitsu involves close personal contact. Make sure that your fingernails & toenails are properly trimmed, and your hair (if long) is pulled back & secured & remove any jewelry during training. If you have any type of skin infection (staph, ringworm, etc.) you will not be allowed to train until it is cleared up. These bacterial & fungal infections are highly contagious and can quickly spread throughout the entire class. If you suspect you may have an infectious skin condition or are not sure, ask the instructor.

**3. Keep the mats clean.** Do not bring food or drinks on the mat. No shoes of any kind are allowed on the mats. Shoes damage the mats & carry unwanted germs into the training area. Always wear shoes when off of the mat, especially in the restroom. Infectious diseases such as staph & ringworm are a serious concern & will keep you from training. Do your part to keep the training area clean & free of germs. The mats should be cleaned after every training session. It is everyone's responsibility to ensure that we have a clean & safe environment to train. Please help with the cleaning of the mats after class.

**4. Parents and other spectators, please remain quiet while observing class.** While we encourage & appreciate your support & involvement, please avoid excessive noise, talking, & refrain from coaching your children from the sidelines while they are in class.

**5. Safety is paramount.** Know your limitations & those of your training partners. All submission holds should always be applied in a controlled manner. If you injure your training partner, you won't have anyone to train with. Tap early & often. Tapping is not a sign of weakness; rather it is a part of the learning process. Make sure you will be able to train tomorrow. If you sustain an injury during training, or outside of class, make sure that the instructor & your training partners are aware of it. You may need to sit out of training or limit certain activities to avoid further injury.

**6. Check your ego at the door.** The training mat is a learning environment. It is not a competition. Don't be afraid to try new things & put yourself in uncomfortable positions. That is the only way to learn & get better. Your concern should be with learning & improving, not defeating your teammates during training.

**7. A short bow is customary & appropriate when entering or leaving the mat area.** It is a way of showing respect to the people on the mat & the area that you train on.

**8. Respect your instructor & classmates.** Avoid loud talking, profane language, or horseplay during training. Listen attentively whenever the instructor is speaking. If you need to leave the mat at any time during class, ask permission from the instructor before just walking off the mat.

**9. Make the most of your training time.** Students are expected to drill technique consistently and continually with attention to detail during allotted time. It takes many, many repetitions to understand and be able to apply techniques. Train vigilantly & do not waste class time sitting around idly. Keep unnecessary talking to a minimum. Your focus should be on learning jiu-jitsu. Work together with your training partners for mutual benefit. Avoid giving excessive resistance to your partner when drilling techniques. If you do not understand a technique, please ask questions at appropriate times.

**10. Be respectful of your training partners during roll time.** Especially if the mat is crowded, be aware of those around you to avoid injuring your teammates. Sometimes, when there are a lot of people on the mat at one time, students may run into each other. It is considered customary & respectful for the lower ranking students to stop & yield the space to the higher belts. Also, be very careful when training takedowns to ensure that you have sufficient space. If the mat is crowded, students should generally start from a kneeling position.

## Stay Connected with Us

We are always looking for ways to stay connected with our students & parents and receive feedback on our programs. If you haven't already, please connect with us on our social media sites linked below.

Also, we would appreciate you taking time to leave us reviews on our Facebook and Yelp pages. These help us to spread the word about our academy & bring in new students who will become future training partners for you.

**Facebook** <https://www.facebook.com/FightToWinDenver/>

**Twitter** <https://twitter.com/DenverFTW>

**Youtube** <https://www.youtube.com/user/BJJInc>

Also, if you haven't already subscribed to our text notification app via **Remind**, please click on the appropriate link below so that you can get up to the minute info on any class changes or notifications.

**Adult Jiu-jitsu Classes**--[classes-remind.com/join/ftwbjj](https://classes-remind.com/join/ftwbjj) or text @ftwbjj to 81010

**Kids Jiu-jitsu/MuayThai**--[classes-remind.com/join/ftwkids](https://classes-remind.com/join/ftwkids) or text @ftwkids to 81010

**Adult Muay Thai**--[classes-remind.com/join/raionmt](https://classes-remind.com/join/raionmt) or text @raionmt to 81010

Also, make sure that you are part of our **Facebook Group Page**, as we post updates & info on there regularly as well.

<https://www.facebook.com/groups/164058303625021/>

Thanks again for being part of our academy. See you on the mat!

## Fundamental Positions & Techniques/White to Blue Belt Requirements

The following information is taken directly from the Fight to Win BJJ Forum listing regarding blue belt requirements. As we are an affiliate under FTW, the requirements are the same. These incorporate some of the fundamental techniques of Brazilian Jiu-jitsu, and all students (regardless of rank) should review them regularly.

Here is a general list of moves and positions each student should have a basic understanding of in order to move from white belt to blue belt.

Remember this is a "general" list and it is a work in progress. If I missed something it will be added, and remember that some concepts are more important than others.

To clarify what I mean by "basic understanding", it's just that. Mastery of any position takes years to figure out. The transition to purple belt signifies a strong understanding of all positions. Here I am looking for the student to be familiar enough with each position to show it with minimal assistance. Everyone has positions they are good with and some they aren't. We focus more on the problem areas as a blue belt, but the white belt should still be aware of what they are.

There is a lot here so please don't get frustrated or overwhelmed, and it takes some time to figure out each position. If you have questions with any of them ask your instructor and/or fellow students.

### **Mount:**

#### Escapes -

##### 1) Upa

- Control the arm, trap the Leg, bridge and recover posture

##### 2) Elbow Escape

- Use your elbow to break posture, shrimp to create space and recover a strong guard (open or closed)

#### Attacks-

##### 1) Bent Arm Lock (aka Key Lock, Paint Brush, Americana)

- Maintain posture, pin the hand to ground, elbow to the ear, grab your own wrist (no thumbs) , elbows together, turn towards the lock with steady pressure

##### 2) S Mount Arm Bar

- Control the elbow, slide the knee to the top of the head, curl leg into S mount, control the head, lean towards the far hip, leg over the head, pinch the knees, apply the bar

##### 3) Gi Choke

- thumb in deep behind the collar, other hand reaches thumb in over your arm, drop head to the ground, pull elbows back and push chest out

#### 4) Arm Triangle

- Drive the arm across and reach under the head, drop the top of your head towards the ear, grip the hands wrist to wrist, give up the mount, turn belly down, drive chin to the cheek and push chest forward

#### Maintaining Position -

- 1) Shoulder pressure with the arm out
- 2) Hips low with grapevines or closed guard
- 3) High mount (knees up in armpits of opponent)
- 4) Swim the arms and control the head
- 5) Pull the hands off the hips to defend the posts

#### **Side Mount:**

#### Escapes-

##### 1) Shrimp Escape

- Forearm on the hip, frame the jaw, shrimp and drive to inside knee across the hips, push away and recover guard (variation: shrimp and base out to single leg)

##### 2) Double Underhooks

- Forearm to the hip, pummel the arm to the shoulder, pummel the inside arm to the ribs, bridge and base out to the single leg

##### 3) Pull ½ Guard

##### 4) Roll Over

- Forearm to the hip, reach over the close shoulder and find the belt, rock towards the hips and roll back to bridge opponent over the head

##### 5) Kesa-Gatame Escape

- Bridge and slide close knee under the hip, control the shoulders, reverse shrimp to load opponent's weight on your hips, bridge opponent over your head and roll to top position

##### 6) North South Escape

- Use the arms to create space from the hips, swing legs side to side and recover half guard

#### Attacks -

1) Bent Arm Lock/Paint Brush

- Same as from the mount

2) Arm Triangle

3) Gi Choke/Jacare Choke

- 4 fingers in under the arm behind the neck, thumb in across the neck, drop the weight towards the elbow

4) Kimura

Maintaining Side Mount -

1) Palm to Palm

- Shoulder pressure, hips down, knee up (either), other leg straight

2) Hug The Back

- Arm over the far shoulder palm up, other arm near the hip, feet out flat toes pointed out

3) Kesa-gatame

- Underhook, collar or arm control, knee tight to the shoulder, knee up, weight off the hips and elbow

4) Reverse Kesa

- Same as Kesa-gatame facing the hips

5) North South

- Hips low to the side of the head, leg close to the head straight, other leg bent, control the hips or the belt with the arms

**Guard:**

Maintain Posture and Balance

Passes (must know at least two):

1) Knees Together (standing)

- Stand to break the guard, step back and control the knees, push them together and forward, push the legs to the floor and step to the side, drop your level and drive the weight to the chest, secure the head and the hips

2) Knees Together (ground)

- Break the guard and back away, using the shoulder pin the knees together and to the ground, the outside arm under hooks the bottom leg, the inside arm blocks the knees, drive forward and place the knee in the hip, roll the opponent to his back and secure the position

3) Knee Through the Middle

- Make space to get a high guard, stand and place the knee in the tail bone and sit, drive forward and cut to the left/right, get the under hook on the far arm and head control, pass the opposite leg and secure side control

#### 4) Double Under Hooks

- Drop your level and secure the hips, sit back to stack, grab the lapel palm up, drop the hips and turn the corner, control the hips and the head

#### 5) Over Under Pass/Gracie Pass

- Knee in the tail bone and back out, under hook the leg, drive the knee towards the chin and grab the lapel palm down thumb to the floor, sprawl back and turn the corner, control the head and the hips

#### Attacks:

1) Straight Arm Bar

2) Triangle

3) Gi Choke

- First hand behind in the lapel behind the head, second hand palm up / palm down / baseball grip

3) Kimura (aka: key lock, bent arm lock, shoulder lock)

4) Guillotine

#### Sweeps (must know at least three):

1) Scissor Sweep

2) Hip Bump/Kimoura Sweep

3) Pendulum Sweep

4) Butterfly Sweep (both directions with the same leg)

5) Push and Pull Sweeps from Spider Guard

6) Flower Sweep

#### **Half Guard:**



### Passes -

- 1) Under hook the far arm, head on the floor on the near side, walk the hips up and push the legs off with the free leg, cut the knee to the floor to pass
- 2) Pull cross side lapel tight under the head, grab the far knee, cut your knee across the hips and sit to the floor, push the knee and pass the leg

### Escapes -

- 1) Recover the Under hook, shuck the arm, clear the head and take the back/attack the legs/roll back under for sweep
- 2) Gordo Series - Under hook, dive head under the hips, (a) feed the foot to the outside hand around the leg, base up and sweep both directions (b) without the foot shoot under the hips, punch the inside arm across the his leg to take the back/ swing back out for the single leg
- 3) From the pin - Over hook grabs the belt, inside arm grabs the pants at the knee, shrimp and place the foot inside the leg, reverse shrimp and lift to replace the guard

### **Back Mount:**

#### Maintain Position-

- 1) Seat Belt
- 2) Control the Hooks inside and out (do not cross the feet)
- 3) Keep Your Balance (top and bottom)
- 4) Recover Position

#### Attacks -

- 1) Rear Naked Choke
- 2) Lapel Choke (with multiple second hand grips)
- 3) Arm Bar from the back
- 4) Trachea Choke (No-Gi)

#### Escapes -

- 1) Belly Down

- Defend the neck, clear one hook and control the same side arm, turn to half guard
- Defend the neck, stand to all fours hips up head down, shake opponent over the head careful to defend the arms

## 2) Sitting up/Belly Up

- Defend the neck, bridge back to the floor and pin hips to one side, pinning the leg shimmy the inside elbow and shoulder towards the floor, control the arm or leg to get the top position or pull guard

### **Take Downs:**

- Osoto Gari (major outer reap)
- Uchi Gari (major inner reap)
- Kouchi Gari (minor inner reap)
- Seoi Nage (shoulder throw)
- Tomoe Nage ( circle throw)
- Arm Drag
- Double Leg
- Single Leg
- Hip Throw

### **DRILLS:**

Sprawling, Shrimping, Reverse Shrimping, Bridging, Break Falls, Standing In Base, Switching Base, Shoulder Rolls, Grip Fighting,

