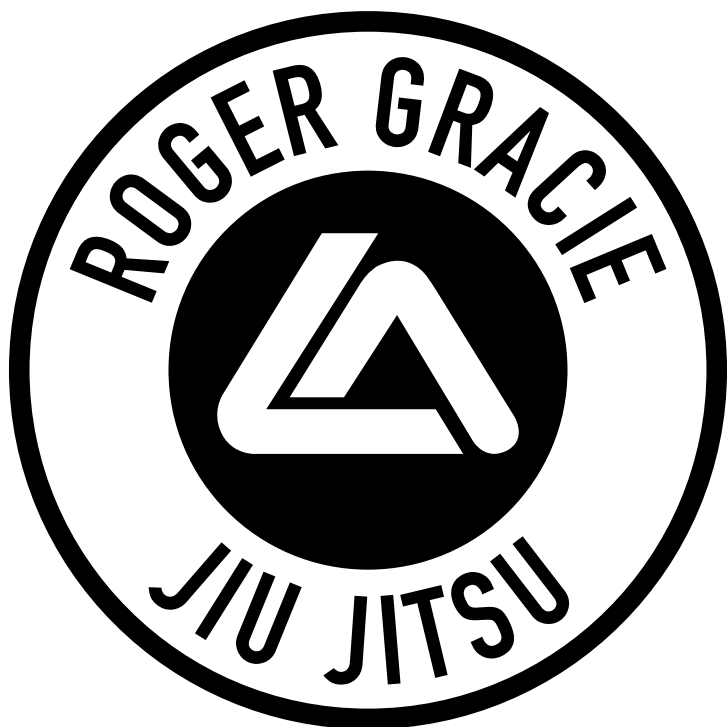




ROGER GRACIE ACADEMY

JIU JITSU

STUDENT GUIDE



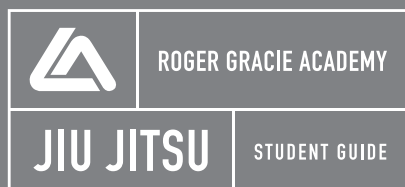
JIU JITSU IS EASY

YOU JUST HAVE TO DO IT RIGHT



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The Jiu Jitsu Legend Mauricio Gomes,
one of Six Rolls Gracie Black belts.



	ROGER GRACIE ACADEMY
JIU JITSU	STUDENT GUIDE

CONGRATULATIONS AND WELCOME

You have taken a major step toward your Brazilian Jiu-Jitsu and self-defense journey. At the Roger Gracie Academy we view the school and student relationship as a symbiotic one. This means we must rely on each other to ensure continued progress. In any relationship in which two parties rely on each other, there are expectations of performance. This manual was developed with the objective of enhancing your whole Jiu-Jitsu experience.

When the information contained in this handbook is understood and adhered to, maximal results can be achieved, your self-esteem will be improved and you will be making martial arts and self-defense training a beneficial part of your life. Above all, remember that martial arts is about developing good work ethic, building good character and most importantly, having fun. We at the Roger Gracie Academy, are one piece of the puzzle to make sure that all of these experiences take place to help you succeed on and off the mats.

When most students first set foot in our Dojo, they are often astonished by the good vibes, skill level on display, respect, and a sense of community that surrounds each learning session. What occurs during our classes is very important, but what takes place outside of the mat is just as crucial. During the sessions, our job is to deliver high-level training information (in the form of tactical instruction, discipline and physical training) to each student in an enjoyable and positive setting. When students are not in class, they are expected to carry out each lesson just as they were taught on the mat.

Our students must always understand that they are ambassadors for the school and the art of Brazilian Jiu-Jitsu.



— ROGER GRACIE



Grandmasters Carlos Gracie and Hélio Gracie demonstrate techniques.

HISTORY OF JIU JITSU – THE GENTLE ART

The rudiments of Jiu-Jitsu are believed to have originated in India in around 2000 BC, developed by Buddhist monks. Forbidden to use weapons but needing to defend themselves from barbarian invaders and outlaws, the monks came up with a system of self-defense that allowed them to immobilize their adversaries without physically harming them. Their method of fighting was based not on brute strength, but the use of leverage, through joint locks, chokes and other techniques. A powerful weapon of self-defense was born.

Slowly honed over the following centuries, Jiu-Jitsu was assimilated little by little by neighboring countries. It was taken to China after Chinese troops invaded India, and then, in the 17th century, during the Shogunate period, it arrived in Japan, where it was consolidated and developed into a national martial art. It was used in situations of weaponless conflict such as surprise attacks, before a Samurai could unsheathe his ritual sword, the Katana.

During these times, Jiu-Jitsu was also known as Yawara, Hakuda, Kogusoko, and an assortment of other names. The earliest recorded use of the word “Jiu-Jitsu” happens in 1532 and is coined by the Takenouchi Ryu (school). The history of the art during this time is uncertain, because teachers kept everything secret to give their art a feeling of importance. They would often change the stories of their art to suit their own needs. In 1877, the practice of combat martial arts that involved the use of any weapons was forbidden by the Emperor. This allowed the hand to hand combat art to develop and gain further popularity.

In the last days of the 19th century, some Jiu-Jitsu masters emigrated from Japan to other continents, teaching the martial arts as well as taking part in fights and competitions. Esai Maeda Koma, also

known as “Conde Koma,” was one of them. After travelling with a troupe that competed in various countries in Europe and Americas, Koma arrived in Brazil in 1915 and settled in Belém do Pará. At that time Brazil held the largest population of Japanese people outside Japan.

Upon his arrival in Brazil, Conde Koma was aided by Gastão Gracie, a Brazilian of Scottish descent who worked as a diplomat. To show his gratitude he later accepted Gastão Gracie’s son Carlos as a student at his academy.

For a naturally frail fifteen-year-old Carlos Gracie, Jiu-Jitsu, meant that leverage and technique could overcome brute force and strength, and soon became his biggest passion.

To Carlos, Jiu-Jitsu meant more than just a self defense martial art, it was a way of self improvement in all aspects of life.

At nineteen, he moved to Rio de Janeiro with his family and began teaching and fighting. During his travels, Carlos taught classes, and by competing with opponents who were physically bigger and stronger, he easily proved the efficiency of Jiu-Jitsu to his audience.



Carlos Gracie at the “Academia Gracie de Jiu-Jitsu”, opened in 1925.

HISTORY OF JIU JITSU – THE GENTLE ART

In 1925, he returned to Rio and opened the first school, known as “Academia Gracie de Jiu-Jitsu”.

At this time Carlos decided to share his knowledge with his younger brothers, Osvaldo, Gastão, George and Hélio. Testing Jiu-Jitsu in real life situations, competitions and “vale tudo” fights gave Carlos and his brothers the ultimate opportunity in refining and improving existing techniques.

Along with Jiu-Jitsu, Carlos also focused on philosophy and natural nutrition concepts (The Gracie Diet), which transformed Jiu-Jitsu into a term synonymous with health.

Having created an efficient self-defense system, Carlos Gracie saw in the art a way to become a man who was more tolerant, respectful, and self-confident. With a goal of proving Jiu-Jitsu’s superiority over other martial arts, the Gracie Brothers challenged the greatest fighters of their time. The Brothers quickly gained recognition and prestige by fighting and defeating opponents of much heavier weights.



Hélio Gracie trains at the Gracie family ranch in Rio de Janeiro.



10 Time World Champion Roger Gracie defeats Marcus Buchecha, securing his legacy as the greatest of all time.



Carlos Gracie demonstrates techniques at his first school.



1968. Hélio Gracie and Waldemar Santana fight for 3 hours and 45 minutes, the longest fight in history.

Attracted to the new market which opened around Jiu-Jitsu, many Japanese practitioners came to Rio, but none were able to establish schools as successful as the “Academia Gracie de Jiu-Jitsu”. This was due to the fact that the Japanese masters were more focused on takedowns and throws, while Gracie Jiu-Jitsu focused on more sophisticated ground fighting and submission techniques. Carlos and his brothers changed and adapted the techniques in such ways that it completely altered the principles of Japanese Jiu- Jitsu. These techniques were so distinctive to Carlos and his brothers that the sport became attached to a national identity, and is now commonly known as “Brazilian Jiu-Jitsu,” practiced by martial artists all over the world, including Japan.

With creation of an official governing body to oversee the administration of the sport, including competition rules and a grading system, Jiu-Jitsu became highly organized and internationally recognized. With millions of practitioners from different parts of the world, Grandmaster Carlos Gracie’s original dream of spreading Jiu-Jitsu around the world has been realized.

GRACIE TIMELINE

Here is a timeline highlighting key dates and achievements of the Gracie family and their contributions to Brazilian Jiu-Jitsu:

- 1903 ● Carlos Gracie is born in Belém do Pará, Brazil.
- 1917 ● Carlos Gracie learns traditional Japanese Jiu-Jitsu from Mitsuyo Maeda, a Japanese judoka and prizefighter.
- 1925 ● Carlos Gracie opens the first Gracie Jiu-Jitsu Academy in Rio de Janeiro, Brazil.
- 1934  Brothers Carlos & Hélio Gracie introduce modifications to the traditional Jiu-Jitsu techniques, developing a more efficient and leverage-based style known as Gracie Jiu-Jitsu.
- 1951  Hélio Gracie challenges the legendary judoka Masahiko Kimura to a match, resulting in the famous “Kimura Lock” submission.
- 1967 ● The first official Brazilian Jiu-Jitsu competition, known as the Campeonato Brasileiro de Jiu-Jitsu, is organized in Rio de Janeiro.
- 1978 ● Carlos Gracie Jr., the son of Carlos Gracie, establishes the Gracie Barra Academy, becoming a prominent figure in the evolution and worldwide expansion of Brazilian Jiu-Jitsu.
- 1988 ● Royce Gracie represents the Gracie family in the inaugural Ultimate Fighting Championship (UFC). Despite being smaller and less muscular than his opponents, Royce demonstrates the effectiveness of Brazilian Jiu-Jitsu by winning the tournament.
- 1993 ● Royce Gracie wins UFC 1, UFC 2, and UFC 4, solidifying Brazilian Jiu-Jitsu as a dominant martial art.
- 2000 ● Carlos Gracie Jr. establishes the International Brazilian Jiu-Jitsu Federation (IBJJF), which organizes the World Jiu-Jitsu Championship, the most prestigious Jiu Jitsu tournament in the world.
- 2009  **ROGER GRACIE,**
the son of Maurício Gomes (a prominent member of the Gracie family), becomes the first black belt to win ten World Jiu-Jitsu Championship gold medals.
- 2017  Roger Gracie defeats BJJ world champion Marcus Buchecha, leaving jiu-jitsu without a single submission defeat on his record, in what is considered the greatest Jiu-Jitsu match of all time.

The Gracie family celebrates the centennial anniversary of Carlos Gracie's first academy, marking 100 years of Gracie Jiu-Jitsu.

Please note that this timeline highlights some significant events and achievements, but it does not cover the entirety of the Gracie family's contributions to Brazilian Jiu-Jitsu.



— THE TEACHINGS OF —

CARLOS GRACIE

- 01 Become so strong that nothing disturbs your inner peace.
- 02 Encourage happiness, health and prosperity.
- 03 Inspire your friends to see their value and feel their worth.
- 04 Be optimistic, and turn positivity into reality.
- 05 Think, work for, and expect only the best.
- 06 Celebrate the success of others as your own.
- 07 Leave past mistakes behind, by moving toward tomorrow's victories.
- 08 Be pleasant, and bring joy to those around you.
- 09 Focus on self-improvement, rather than on others' shortcomings.
- 10 Become too noble to feel anger, too strong to feel unrest, and too happy to tumble in adversity.
- 11 Let your self-confidence be known, not through vanity but benevolence.
- 12 Have faith that the world is on your side, and stay true to what's best within you.

THE BENEFITS OF JIU JITSU / FAQ

WHAT DO I NEED TO START TRAINING?

A Gi, or kimono is required, as beginner students are introduced to training with the Gi or kimono. As they gain technical expertise, no-Gi classes are available, but not mandatory. We have uniforms available for sale, which are the official uniform of the school.

WHAT CAN I EXPECT FROM THE CLASS?

All beginners classes are 60 minutes long. Classes consist of our traditional warm-up, which includes BJJ specific drills such as breaking falls and hip movement. The warm up section is followed by practice of specific techniques of takedowns, throws and grappling. Randori (live training) usually follows the technical drills. The class is closed with a statement from the instructor and a cool down period. A traditional bow also indicates the end of the class.

WHAT IS EXPECTED OF ME?

Courtesy and respect are essential values at RGA. Students are expected to push themselves hard. Instructors will be facilitators in your technical progress and personal development, rather than regulators. Students are expected to adhere to the code of ethics and dojo requirements.

HOW WILL I BENEFIT FROM BJJ?

Initially gaining knowledge of one of the most sought after self-defense methods will strengthen your character and improve your confidence. However, BJJ offers the practitioner a much broader range of additional benefits. BJJ is an individual and social activity. Unlike team sports, you face

your opponents alone. Self-reliance and self-confidence are enhanced, as is personal responsibility. The student of BJJ learns to deal with setbacks and failure in the process of striving for higher levels of excellence. BJJ is a social activity, as you cannot further develop without the aid of a group of training partners, so the student's ability to socialize, while becoming part of a group working toward a common goal, is as much required for advancement through the ranks as technical progress.

High levels of ethic, courtesy and respect are also cultivated. Hard work and effort are emphasized for more graduated students as they have better understanding of the cycle of learning and development.

Advanced students are expected to facilitate the progress of beginner students by treating every white belt as a potential black belt.

Probably the most notable benefit inherited from BJJ training is a deep understanding of problem solving through the use of strategy and tactics rather than brute strength and aggression.

To conclude, there are many benefits yielded by the study of BJJ, beyond the ability to self defend.

As you gain knowledge and a deeper understanding of the core values required to reach your black belt, true excellence will flood every aspect of your life, fostering positive changes well beyond your martial arts training.

STUDENT CODE OF ETHICS

I HEREBY PLEDGE TO ALWAYS DO MY UTMOST AND NOTHING LESS,
BY FOLLOWING THE ROGER GRACIE JIU JITSU CODE OF ETHICS.

I intend to improve myself in a positive manner and avoid anything that will reduce my mental and physical health.

I intend to develop self-discipline in order to bring out the best in others and myself.

I intend to use what I learn in class constructively to help myself and my training partners and NEVER to be abusive or offensive.

I will abide by and promote the guiding principles to MAXIMUM EFFICIENCY and MUTUAL WELFARE inside and outside the dojo.

I will always set a good example for lower belts, and be aware that they will try to emulate senior practitioners.

I will act wholeheartedly, without hesitation, and show reverence toward the practice of Jiu-Jitsu, by keeping my mind in it.

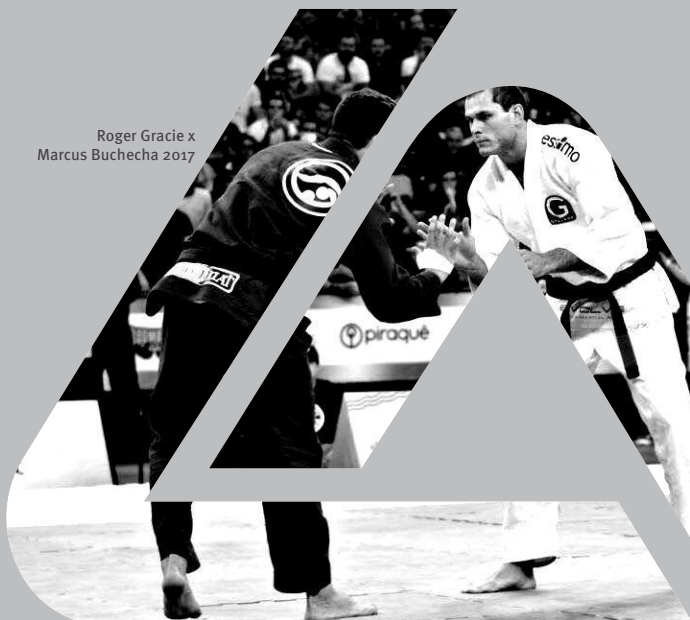
I will seek to live by a higher standard of ethics and conduct, and understand that our code transcends the dojo.

I will spread the art of Jiu-Jitsu in a positive and respectful manner.

I will behave honorably, and will strive to live by the values that guide the art:

COURTESY
PERSEVERANCE
INTEGRITY
SELF CONTROL
DISCIPLINE

Roger Gracie x
Marcus Buchecha 2017



STUDENT CODE OF CONDUCT

It is imperative that all students learn the proper rules, good manners, and etiquette associated with Brazilian Jiu-Jitsu. All students are especially reminded to maintain these rules both outside and inside of the school, because wherever they are, they represent the school, the instructors, and the art of Brazilian Jiu-Jitsu.

All of the instructors have been trained to honor and abide by rules, manners, and etiquette of RGA, above and beyond its technical aspects. It is not uncommon to see students admonished for their behavior. This is a normal and necessary part of Jiu-Jitsu. All students are advised to expect these things.



DOJO ETIQUETTE

- 01 Bow to the center of the mat when you enter and when you exit.
- 02 Keep a respectful posture in the dojo.
- 03 Classes begin with students lining up in descending rank order.
- 04 Classes end with a formal bow to the instructor, lining up in descending rank order.
- 05 When the instructor is demonstrating the techniques, every student must pay attention.
- 06 If you are late sit by the side of the mat and wait for permission from the Professor.
- 07 If you need to leave the mat or leave earlier you must ask permission from the Professor.
- 08 Bow to your partner before and after practice.
- 09 Talking should be kept to a minimum level and should relate to the class subject.
- 10 Absolutely no foul language inside the school.
- 11 Keep finger and toe nails short for everyone's safety.
- 12 The Kimono must be washed daily. A dirty kimono is a sign of disrespect.
- 13 Shoes or flip-flops must be worn outside of the mat at all times.
- 14 The Kimono must be worn at all times.
- 15 The belt represents your progress. Keep it on.
- 16 All metal objects, jewelry, piercings, necklaces or other such items should be removed.
- 17 No shoes, food or drink on the mat.
- 18 No mobile phones in the dojo area.

Roger Gracie



GUIDANCE FOR PARENTS

During kids classes, we understand that children are exuberant and want to have fun, but we believe that if the parents abide by the required etiquette, then their child will develop in a more well-rounded way. We'll be keeping classes fun but also disciplined.

- 01 Please refrain from coaching your child from the side of the mat.
- 02 **Maintain positivity in respect to your child's progress, they will learn in time.**
- 03 Try not to focus on winning and losing, there is no losing, only learning experiences.
- 04 **Allow time at home to practice tying the belt. This is an act of discipline.**
- 05 Please ensure that your child's Gi has been washed before class.
- 06 **Please provide appropriate footwear to wear off the mat between the changing room and the mat. NO SHOES ON THE MAT.**
- 07 Your child's finger and toe nails should be kept short so as to not hurt their training partners.
- 08 **Children should not be running around on the mat before class, good behavior is required.**
- 09 If your child has a cold or is unwell they should not attend class.
- 10 **Please do not ask for your child to be graded. The instructors will know when they are ready.**
- 11 **NO FOOD OR DRINK ON THE MAT.**
- 12 **Parents please do not sit on the mat unless invited to.**
- 13 Please refrain from taking photographs or filming, except on the occasion when your child is being graded.



RANDORI [FREE PRACTICE]

Randori (free practice) is one of the primary methods in learning Brazilian Jiu-Jitsu. Below you will find key principles that many teachers have pointed out to their students as they observed practice. They are the sorts of things that most students need to be reminded of. They are easier said than done, but they will definitely help you with your training. The mat is a place for creating opportunities and discovering possibilities, where one faces and overcomes their limitations. There is no winner or loser in Randori, so focus on attacking freely without regard for being caught off guard.

Remember the underlying purpose of Jiu-Jitsu is to enable a physically weaker person to defend themselves against a physically stronger opponent. Always use technique and refrain from the use of sheer strength and power in the application of strategy.

**YOUR
COMEBACK
WILL BE
GREATER THAN
YOUR
SETBACK!**

Relax to retain free movement of your body and mind.

Follow through with each technique.

Don't get in the habit of doing it halfway.

Follow up each technique with another.

Never refuse a practice partner.

Always try new ways.

Keep control of your breathing.

Always face your opponent and never turn your back.

Learn to feel your partner's intentions and anticipate attacks.

Keep in mind the principle of mutual welfare and benefit.

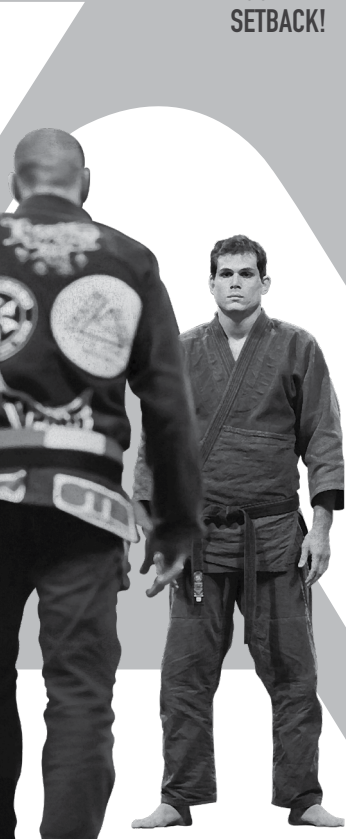
Help your partner to learn while perfecting your technique.

Act now; think and analyze later.

Learn to control your body, your emotions and your mind.

Don't be dismayed, let go of your resolve, don't make

excuses, and **DON'T GIVE UP!**



Roger Gracie at IBJJF World Championship.

PRACTICE METHODS

PRACTICE WITH LOWER BELT RANKING STUDENTS:

You should not be trying to apply new advanced skills, or trying to develop your secondary techniques when you practice with lower belt ranks. Be mindful of the training experience of a beginner or lower level student and do not spoil it for him or her.

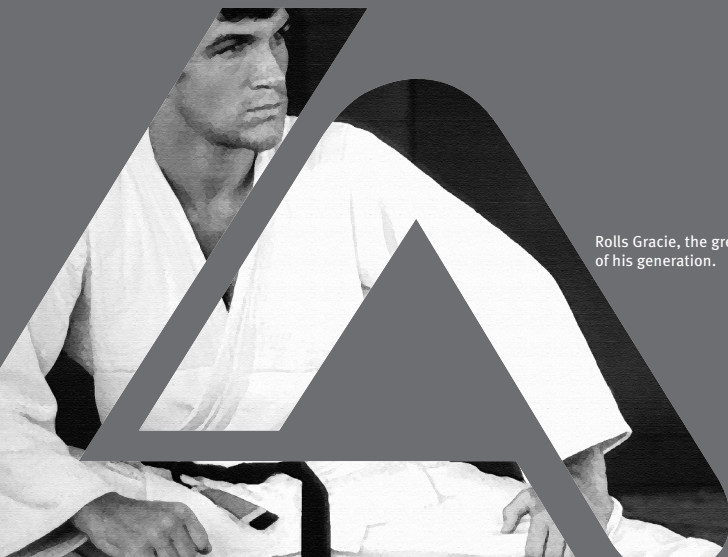
PRACTICE WITH STUDENTS OF THE SAME BELT RANK:

The first tendency is for the practice to develop into a contest. You should try to prevent this in your free training practice. You must not adopt a defensive posture, which might be justified in a competition; instead attack with your best techniques, as strongly and as quickly as possible. The main point here is to “play” constructive Jiu-Jitsu, and not to risk injury by refusing to tap at all costs. Really, you have nothing to lose and should try to move lighter and faster than you would in contest, in order to increase the speed and strength of your attacks.

PRACTICE WITH HIGHER BELT RANKING STUDENTS:

In general, you should attack all the time. It is wasting everybody’s time to take up a contest attitude against a much higher grade. Attack with all your heart and soul time and again, and do not wait for a higher grade to attack. A much more skilled person is not interested in “beating” you many times; they want you to attack, and afterwards he can give you advice on how to improve your methods. Invite same ranking or lower ranking belts than your self to spar. Wait for the higher belt to invite you to spar.

Never ask a Black belt to spar.



Rolls Gracie, the greatest
of his generation.



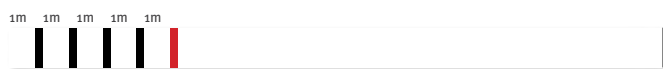
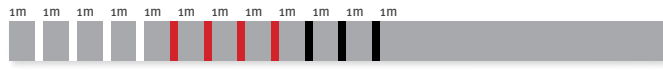
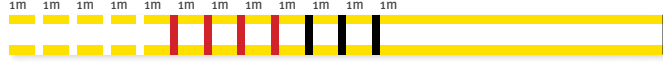
THE BELT SYSTEM

OFFICIAL INTERNATIONAL BRAZILIAN JIU-JITSU FEDERATION
(IBJJF) BELT RANKING SYSTEM.

KIDS

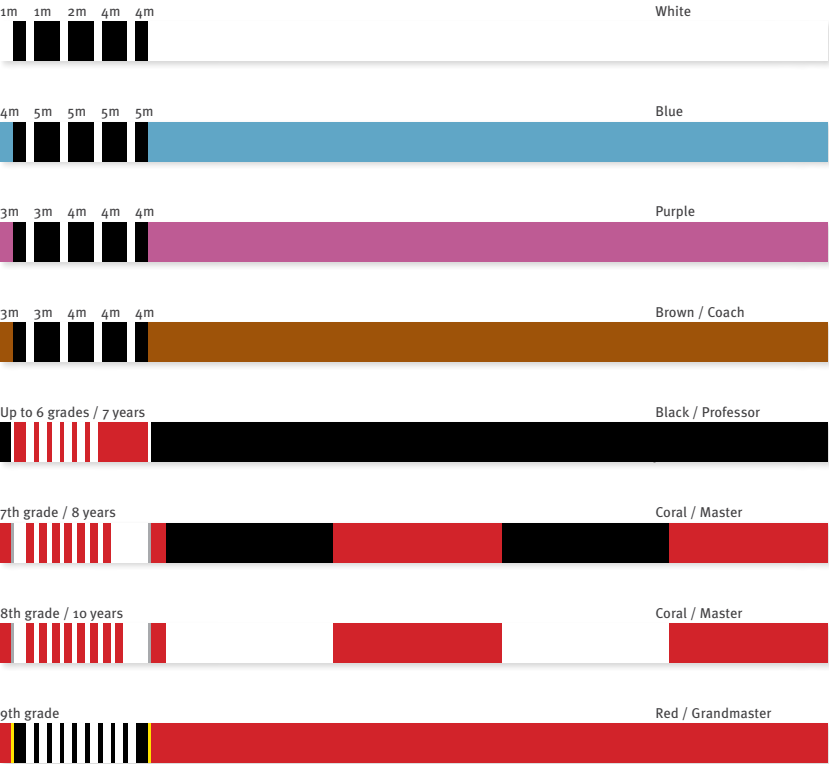
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On average, students may receive one stripe per month, at the Professors' discretion per their evaluation on a student-by-student basis, and as long as the minimum attendance of two classes per week is maintained. To qualify for a new belt, the student must have received all stripes and be at the eligible age.

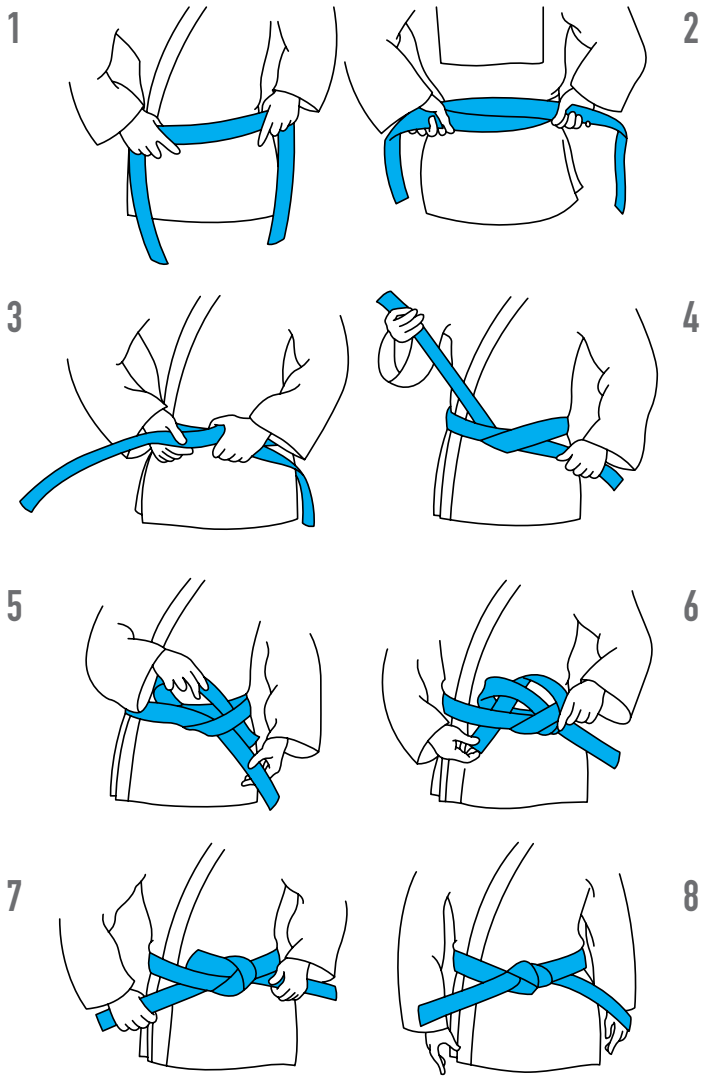
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	4		Yes	6m
	5		Yes	1y
	6		Yes	1y
	7	7	Yes	1y
	8	7	Yes	1y
	9	7	Yes	1y
	10	10	Yes	1y
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	12	10	Yes	1y
	13	13	Yes	1y
	14	13	Yes	1y
	15	13	Yes	1y

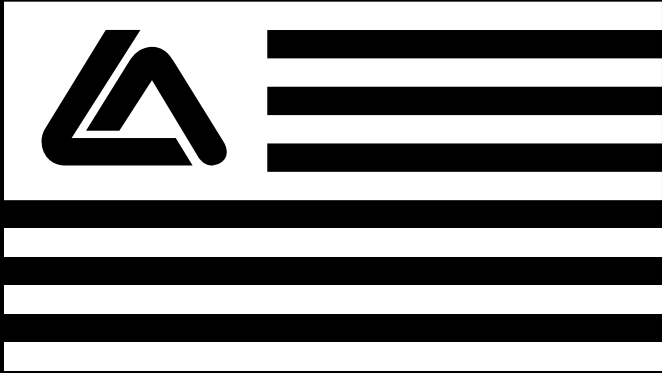
ADULTS

The official International Brazilian Jiu-Jitsu Federation (IBJJF) ranking system shows the minimum time required to achieve the promotion for each belt, but the actual graduation will be decided by the Head Instructor.



HOW TO TIE YOUR BELT





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