

WELCOME!

to Shogun Brazilian Jiu Jitsu



THANK YOU for your interest in Shogun BJJ. Martial arts is an exciting journey and we are glad to be part of yours. Whether you are a seasoned veteran or a beginner, young or old - Jiu Jitsu has something for everyone. Most of all IT'S REALLY FUN! Here's a few things about training with us...

BELT RANKING SYSTEM

We use the IBJJF (International Brazilian Jiu Jitsu Federation) standard belt ranking system of White, Blue, Purple, Brown, Black for adults and White, Gray, Yellow, Orange, Green for kids.

Once a student reaches the age of 16 if they have a green belt they can be ranked as an adult blue to continue their practice. If you don't have a belt one will be provided.

BASIC SCORING :

Both in Gi & Nogi competition categories, points are awarded in rounds of 5 to 10 minutes. For training we use 5 min rounds.

Takedown or Throw	2 points
Sweep	2 points
Pass opponent's guard	3 points
Mounted position	4 points
Back Mount with Hooks in	4 points
Knee on stomach	2 points
Submission	Win

RULES:

- No slamming opponent on ground/floor/mats only takedowns & judo throws permitted
- No leaving the mats while grappling/fighting. If unavoidable reset safely on mats
- Mouth piece and groin protection are highly recommend
- Come clean, uniform freshly cleaned, and wear deodorant. Don't forget to shower after training and care of any skin abrasions
- No striking fist/foot/knee/elbow/head/shin
- Try to avoid rolling into others & rank belts

UNIFORM REQUIREMENTS:

GI (ghee) - is a traditional BJJ kimono (consists of a matching top jacket and bottom pant white, blue or black in color (official colors) with a ranked belt, white for beginners. The bjj gi is distinct from that of other martial arts gi's in sizing and purpose to suit bjj practice.

NOGI (no-ghee) - is a grappling uniform that consists of fight shorts and rash guard with short or long sleeves recognized by a ranking color, white for beginners. Spats or leggings for under your shorts are optional. Preferably a dry fit antimicrobial uniform.

If you do not have a uniform, one can be purchased please ask for recommendations.

CLASS STRUCTURE:

This can vary from class to class but typically we follow t1-1 ½ hrs class with basic guidelines:

- BOW IN - Students line up on mats across from instructor and bow as a sign of respect for the class and the lesson.
- WARM UP - Get the body ready and start basic motions and positions to aid body movement for technique. 10 MIN
- TECHNIQUE - Planned lesson of jiu jitsu positions, holds, rules, points system amongst other technique to practice. 20 MIN
- ROLLING - Use of the trained technique in sparring and endurance in a supervised educational format. 30 MIN
- BOW OUT - Students line up on mats across from instructor and bow as a sign of respect for the class and the lesson.