



Jiu Jitsu Journal

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This book is for educational purposes. The publisher and authors of this instructional book are not responsible in any manner whatsoever for any adverse effects directly or indirectly as a result of the information provided in the book. If not practices safely and with caution, martial arts can be dangerous to you and to others. It is important to consult with a professional martial arts instructor before beginning training. It is also very important to consult with a physician prior to training due to the intense and strenuous nature of the techniques and strategies in this book.

Special thanks to all those who helped contribute to my Jiu Jitsu Journey, inspired and influenced my along the way, and aided (directly and / or indirectly) in the creation of this notebook: Saulo Ribeiro, Xande Ribeiro, Cadu Francis, Rodrigo Pagani, Matt Juber, Eric Dorsett, Korbett Miller, Ben Baxter, Nathan Jeffers, Rick Williams, Chris Haueter, Matt Thornton, Fabio Santos, Rickson Gracie, Jeff Wassom, Eric Hemphill, Armand Debruge, and Keisuke Andrew.

1 - Welcome to Five Rings Jiu Jitsu

Five Rings Jiu-Jitsu offers world class instruction and training for men, women and children. Headed by Brazilian Jiu-Jitsu black belt Tom Oberhue and brown belt Eric Dorsett, we deliver passionate coaching in a positive training environment. Striving to help our students reach their goals in fitness, self-defense and competition, our highly developed programs are designed to take a novice to the black belt level.

By making the decision to train in this exciting martial art, you have started down a life-changing journey. Not only do we provide an effective self-defense system and the foundation for mixed martial arts fighting, but we also give you an opportunity to gain new friends, improve your self confidence and enjoy the relaxed and healthy Brazilian Jiu-Jitsu lifestyle. In the following pages we will give you a tour of Brazilian Jiu-Jitsu and the background necessary to make the most of your martial arts training.



Brazilian Jiu-Jitsu Lifestyle

Modern life is full of conveniences--we stay 'in touch' with friends through text messages, email and Facebook. The more technology advances the less real contact we have with others. Our jobs leave us overly stressed, but our minds, bodies and spirits thirst for challenge and change.

Brazilian Jiu-Jitsu is a way of life for many students. The friendships and bonds made with other training partners are incredibly strong. As you help them towards their goals, they entrust you with their safety while protecting your safety as well. Relaxation abounds after class when students sit next to each other against the walls sweating, smiling and discussing the latest session. The technical challenge of the art has made it known as 'human chess'. Training brings a natural focus and mental clarity that is akin to meditation. Students not only get stronger and more conditioned, but they realize how to use their strength more efficiently and effectively.

Many dimensions of training are beneficial to your everyday life. "In life, when presented with any situation, breathe, take your time, focus and then decide what to do," says Rickson Gracie, undefeated champion of the Gracie family (more on the Gracie family's influence on Brazilian Jiu-Jitsu later). The ability to stay relaxed under pressure allows people to take control of their lives and move forward with confidence in any situation. Every minute spent training Brazilian Jiu-Jitsu will be time invested in yourself by making meaningful connections, having fun, improving your health and becoming more confident in making positive changes to your life.

Too many people spend their entire lives watching others achieve great things. This is your moment to do that for yourself. Come into Five Rings Brazilian Jiu-Jitsu and show yourself what you are made of. Start where you are and start achieving great things today!

What you will find at the Five Rings:

- Alive, adaptable and functional training in a performance oriented, challenging, pro-active and athletic-based curriculum.
- Laughter and good fun in an overall fitness centered approach to the martial arts.
- A community of men, women, and children who are working to improve all aspects of themselves. The gym community is a positive, supportive environment that encourages personal growth and development.



Our Mission Statement



- We believe that everyone deserves the opportunity to grow into the best person that he / she can be.
- We also believe that our gym provides the perfect place for this growth, for both children and adults alike.
- To achieve this end, our staff is committed to providing programs that embody the characteristics and values of a strong family... respect, compassion and gratitude.
- We will accomplish this by being an example of excellence for our students, by continually improving our services and by measuring our success by our students' success. Quite simply, when you succeed, we succeed.
- We will provide the best Brazilian Jiu Jitsu instruction and training environment possible. We are passionately committed to constantly improving and growing our understanding of BJJ and No-Gi / submission grappling and passing it along to our students.

The Book of Five Rings – The Origin of the Name

The Book of Five Rings (五輪書 Go Rin No Sho) is a text on martial arts in general, written by the samurai warrior Miyamoto Musashi circa 1645. It is considered a classic treatise on military strategy, much like Sun Tzu's *The Art of War* and Chanakya's *Arthashastra*.

Musashi establishes a "no-nonsense" theme throughout the text. For instance, he repeatedly remarks that technical flourishes are excessive, and contrasts worrying about such things with the principle that all technique is simply a method of cutting down one's opponent. He also continually makes the point that the understandings expressed in the book are important for combat on any scale, whether a one-on-one duel or a massive battle.

The Book of Five Rings has become required reading for business leaders and is part of virtually every academic business school. The lessons on strategic thinking, attack and self defense transcend the art of fighting, and are viewed in a much deeper context, appropriate for many disciplines including business, wellness, and leadership.

Descriptions of principles are often followed by admonitions to "investigate this thoroughly" through practice, rather than try to learn by merely reading. Although it is difficult to grasp it from the book, *Go Rin No Sho*, these books are actually the teachings which Musashi preached to his students in his own dōjō.

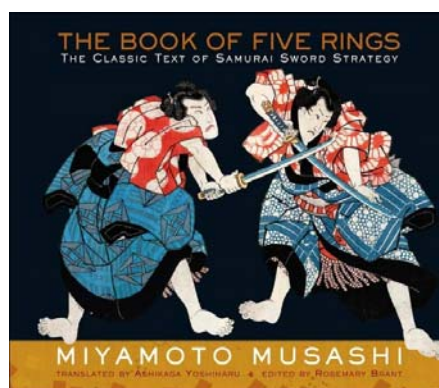


Despite the ideas from others, the books are not based on any other school of teaching. Martial Arts hadn't been formalized into the distinct flavors we see today. There was no school of Jiu Jitsu for example. If a technique worked, it was used.

The five "books" refer to the idea that there are different elements of battle, just as there are different physical elements in life, as described by Buddhism, Shinto, and other Eastern religions. The Five books below are descriptions by Musashi of exact methods, or techniques which are described by such elements. The term "Ichi School", which is referred to in the book literally translates to "Two heaven, one school".

Virtually all martial artists of any significance claim to be influenced by Musashi's writings. It is said that Morihei Ueshiba, the founder of Aikido, and Helio Gracie, the founder of Brazilian Jiu Jitsu were both students of the book of Five Rings.

Musashi strived for as great a mastery in that art as in swordsmanship.



Samurai Spirit

Jiu Jitsu isn't about fighting. At five Rings, we see that there are three main dimensions to Jiu Jitsu:

- | | |
|----------------------|--|
| The martial art: | the study of making yourself a better person and reaching your full potential. |
| The martial science: | the study of how to defend yourself effectively. |
| The martial sport: | the practice of putting the art and science to use in a constructive, competitive environment. |



2 - Starting Your Jiu-Jitsu Journey

Students take different paths in their journey toward mastering Brazilian Jiu-Jitsu. As long-time practitioners of Jiu-Jitsu, these paths are all valuable and equal in our eyes. We have friends who are black belts and focused on each one of these paths. Students can travel on multiple paths at the same time or switch paths as they mature in the art. We are here to coach them on their journey.

Self-Defense

Many people start Brazilian Jiu-Jitsu because it is the premier martial art for self-defense. Whether it is police officers improving their defensive tactics, men who want to feel more comfortable on the street or women who want to self-defense techniques that will stop an assailant, Brazilian Jiu-Jitsu is designed to help the smaller person protect themselves from a larger opponent.

Fitness

Many people walk through our doors looking to improve their physical conditioning. We have older students who lost 30 lbs, teenagers gaining muscle and active adults looking for something more interesting and challenging than going to the gym. Grappling is one of the most dynamic, functional and intense workouts on Earth.

Competition

Some of our students come to us with a competitive spirit and are looking for a way to test themselves against others in competition. Competition is considered an art in itself where students learn to deal with the nerves, adrenaline and the excitement of the sport while trying to hone themselves in preparation for a day in the spotlight. Our instructors have extensive experience in international competition and can guide you to whatever level you work to achieve.

Intellectual Challenge

Our students enjoy Brazilian Jiu-Jitsu because they have a passion for learning the details and intricacies of the art. In Jiu-Jitsu there are hundreds of moves, combinations and strategies to learn and master. Students are often more interested in the technical side rather than the physical nature of the martial art.

Enjoy the Journey

It is common for someone to start Brazilian Jiu-Jitsu looking for self-defense and then develop a thirst for competition. As they grow older they stop competing but continue to train-- growing as martial artists and keeping in shape while hanging out with their friends at the academy. This shows the personal nature of the Jiu-Jitsu journey.

Whichever path you follow, realize that it is your path and not the path for others. Challenge yourself, push yourself to grow and evolve, and as you do it, enjoy the experience. It isn't the destination, but the journey. Find joy in all that you do.

3 - Mat Etiquette

For new students Brazilian Jiu-Jitsu can be a little bit like navigating a foreign country so to make your journey as pleasant as possible we have set up some guidelines.

Respect

Traditionally, Brazilian Jiu-Jitsu is a laid back martial art where students typically surf in the morning then go to the academy to train in the afternoon. Despite this relaxed atmosphere respect for your teachers and classmates is the highest priority. We show respect for our teachers and place of training in a few ways:

- Bow on and off the mats.
- Address all guest black belt teachers “Professor” and other coaches “Coach” rather than “Hey”.
- Pick up items you brought with you to the academy (tape, band-aids, water bottles).
- Refrain from loud conversations while class is in session.

Be a Good Training Partner

This is so important, it warrants its own section - see Section 6.

Train in a Controlled Manner

One of the hardest parts of starting Jiu-Jitsu is showing control during live training. Most students worry about getting tapped out and therefore train with a lot of nervous energy. Relax when training to allow yourself to feel the movements of Jiu-Jitsu. Some things to remember:

- No neck cranks, cervical locks or heel hooks
- No Slamming
- No footlocks or kneebars for white belts
- No fish hooking, eye gouging or grabbing fingers individually
- Avoid choking the chin, teeth or face
- Respect the tap, allow partners time to tap

Go Slow When Applying a Submission

If you catch someone in a submission allow them plenty of time to tap. Do not blast your hips into an armbar or crank on a shoulder lock. They may be in an awkward position to tap or they may not know the submission that you have them in. If you let go of a submission to guarantee the safety of your partner, that is normal and appreciated.

Pro tip: Try controlling a submission for six seconds. For example if you can hold your partner in an armbar for six seconds with their arm fully extended and he is unable to escape, that’s a win. Let go of the armbar, count it as a win (internally) and continue the roll. If he doesn’t recognize the submission, then let your partner know they should have tapped.

Tap Early and Often

The flip side of the coin is that as a new student you should be tapping early, often, and in as many ways as possible. Say “Tap, tap, tap, tap” as you physically tap loudly on the person, tap loudly on the floor and tap with your foot if necessary.

“Only by hitting and working on your weaknesses will you become a well-rounded fighter. This business of ‘winning a roll’ is silly and limits a student in learning.” - Saulo Ribeiro

Remember to Smile, be Friendly, and Train to Learn

Starting a new sport can be intimidating. At Five Rings we pride ourselves at being happy, well-adjusted people who are ambassadors of the sport. As a new member, “the floor” can be daunting. Find someone, introduce yourself, and let them know that you are new to the school. Our members will go out of their way to show you the customs and training practice of the school. They may become a great training partner or friend in the future.

Hygiene

Brazilian Jiu-Jitsu involves close contact with other people, and proper hygiene is about safety and respecting your training partners.

- Wash your kimono after every practice to avoid skin conditions (ringworm, staph).
- Shower after every practice, without exceptions.
- Keep your finger and toenails clipped to avoid cutting or scratching others.
- Remove any jewelry, watches, earrings, etc before stepping on the mat and tape down any body piercings..
- Do not train if you have any rash, boil or open wound.
- Pick up athletic tape, band-aids, water bottles, garbage or training gear that you used.
- Remove clothing/uniform in the changing rooms.
- Athletes should NOT be training if they have:
 - A communicable disease (cold, flu, etc)
 - A skin condition (ring worm, staph, etc)

Pro tip: Your kimono will be more comfortable if you wear a rash guard underneath it.

Pro tip: We recommend using Selsun Blue or Defense Soap as a body wash. If you have a suspicious of a skin outbreak or pimple, put Tea Tree Oil on it as a first step and go to the doctor if it develops.

Uniform

Here are some recommendations for your kimono / gi (uniform):

- Wash your kimono after every practice (we know we mentioned that above).
- Most serious grapplers have three or four gi's to make laundry less of an issue.
- Fix any rips or tears in your kimono.
- Be careful when drying your kimono because it can cause it to shrink.
- No-Gi uniform should include shorts/pants (no zippers or pockets) and a rash guard/tshirt.

Optional Equipment

- Wrestling head gear (ear protection) can prevent damage to the ear.
- Wrestling shoes can prevent and rehabilitate toe injuries.
- Mouth guards can protect the teeth and we recommend Gladiator Mouth Guards.

4 - Learning – Principles, Strategies, and Tools

“How can I get better at Jiu-Jitsu?” is one of the most common questions we are asked. Here are some answers to that broad question.

Consistency and Regularity

Make sure you come to class because time on the mat is a requirement for improving in Jiu-Jitsu. The more you come to class, the easier it is to develop the muscle memory required for Jiu-Jitsu. Develop a weekly schedule instead of attending class on random days. Make a commit to a minimum of two classes per week and try to stay committed to those times:

Class #1 _____ @ _____

Class #2 _____ @ _____

Ask Questions

When you have a situation that you don’t know the answer to, find a coach and show them the issue that you are having. Write down their advice and practice with a partner until you have incorporated the answer into your game.

When you have a question after class, start by naming the position. Example:

“When I have closed guard and my opponent has their hands on the ground, what should I be trying to do?”

If you don’t know how to explain the position, grab a partner and demonstrate the exact position that you are having trouble with.

Beyond these two pillars of successfully learning, we break learning strategies into four categories:

1. Fundamentals of Drilling
2. Maximizing Your Rolling
3. Outside Information
4. General Learning Principles

As a beginner, focus on the information found in section 1 – Fundamentals of Drilling. As you progress, expand your understanding by focusing on the other concepts and strategies found in sections 2 – 4; these sections are located in Five Rings’ Virtual Jiu Jitsu Journal online at www.5rjj.com/members.

Fundamentals of Drilling

During class, your instructor will demonstrate a technique for you to learn. You will be expected to carefully watch and then practice the move with your partner. You will take turns going through the motions of the new technique until it is smooth and automatic, a process called drilling. Here are some things to keep in mind in order to get the most out of your time spent drilling.

"If you work hard, you can always beat talent. For me, drilling is very important because you teach your body to move naturally into these positions." - **Andre Galvao**, Jiu-Jitsu world champion.

Mark the Technique

When the instructor is explaining a technique, it is helpful to mimic the motions while you are listening. This will help ingrain the technique into your muscle memory before you even start to work on it with your partner.

Train One Side First

A common mistake among beginners is to alternate sides when practicing a technique. The thought is that once you get good on one side, you can teach it to the other side faster. Jiu-Jitsu legend Royler Gracie insists it is better to be great on one side than to be good at both. However, your defense generally has to be more ambidextrous than your offense because your opponent may choose to attack either side.

Practice Starts When You Get the Move Right

Beginning students will often only practice a move until they "get it" and then move on to something else or wait for further instructions. Drill a technique as long as possible-- it needs to be ingrained deeply into muscle memory in order to be usable.

Slow is Smooth, Smooth is Fast

When trying a new move, go through the move slowly at first and make sure that each step is correct. Then start smoothing out the move so the steps run together. If there is a sticking point that is not smooth, focus on that until the move is slow and seamless. Finally, add in the speed slowly until you can do the move at full speed.

Helping a new Partner

At first you will be learning with a more advanced partner, but eventually you will have more experience than your partner. It is easy to fall into the trap of trying to always talk your partner through the move, but it can be confusing for them. In Jiu-Jitsu we demonstrate the move for the visual learners, we talk through the move for the auditory learners, but then it is your job as a partner to help with the tactile aspect of learning. An example is rather than saying "grab my right triceps with your right hand", you would use your left hand to guide their right hand to your right triceps. This will be much less confusing for your partner, and will allow them to pick up the technique quickly.

Drill Outside of Class

We highly recommend practicing techniques outside of class that you wish to develop more. Practice at different speeds and with different levels of resistance.

5 - BJJ Belts, Progression, and Experience

At Five Rings, we see the earning of a belt as acknowledgement of an athlete's growth and development: technically, tactically, and in overall performance. Belts are not seen as endpoints or destinations but rather as guide posts along a journey. Progression has little to do with the acquisition of hundreds of moves. Instead, progress is tied to an athlete's ability to perform techniques with better timing, sharper precision, under greater pressure, and within fluid combinations.

Brazilian Jiu-Jitsu belts are held in high regard. While most people associate the physical skill with the belt, belts acknowledge the athlete's growth and development. At Five Rings Jiu-Jitsu belts are not seen as destinations, but as guide posts along the journey. We promote our students based on three criteria: mat time, techniques and gameness.

Mat Time

Mat time is the first criteria for promotion because of the importance of deliberate practice. Strong work ethic and a passion for the art trumps talent and natural ability over a long time span. Therefore, we use time on the mat time and classes attended to instill a sense of the work ethic required to reach a high level in Jiu-Jitsu. Imagine a math student who is incredibly bright and solves most problems without struggle. He is the top of his class throughout high school and college. Then he enrolls in a Ph.D. program and is assigned a difficult problem that has never been solved. His previous experience of relying on natural talent leaves him poorly prepared for the challenge ahead and he drops out. Natural talent without work ethic and dedication is not enough to succeed.

Technique

Technique is ability to demonstrate and perform the individual moves in Jiu-Jitsu. The practitioner should be comfortable demonstrating and helping others with basic maneuvers and positions. Progressing in Jiu-Jitsu will be faster when focusing your practice on a smaller arsenal of techniques (attaining deep understanding) rather than acquiring hundreds of moves (with superficial understanding).

Gameness

Gameness is a student's skill on the mat while training. A student is judged to be game if she uses the techniques and strategy of Jiu-Jitsu with proper leverage and timing. Students should be able to implement their craft against other opponents that are their size and larger. Gameness is balanced against technique because new students often force moves based on strength, speed or flexibility. By relying on their personal attributes they will have a harder time finding proper leverage for the technique and their short-term gain in ability will hamper longer-term gains. However, Jiu-Jitsu isn't about knowing techniques, but rather being able to use them when needed. This requires practice in order to develop muscle memory.

	Belt	Characteristics	Classes / Time (estimate)
	White*	The beginning – everything is new.	
	Blue	Solid defense and basic understanding of the fundamental positions and movements. A “citizen of Jiu Jitsu”.	140 / 18 months
	Purple	Able to connect positions and attack with combinations. Good understanding of fundamental concepts and strategies.	200 / 24 months
	Brown	An athlete’s personality becomes evident in creating his own game. Her possess the ability to self coach.	300 / 36 months
	Black	Completeness. His game possesses depth and complexity and becomes internalized.	200 / 24 months

Level	Class	Weeks	Skills
White Belt / 1 stripe	BJJ 1 / 12	6	See skill sheet
White / 2 stripe	BJJ 1 / 12	6	See skill sheet
White / 3 stripe	BJJ 2 / 12	6	See skill sheet
White / 4 stripe	BJJ 2 / 12	6	See skill sheet
Yellow Belt	BJJ 3 / 24	8	See skill sheet
Orange Belt	BJJ 3 / 24	8	See skill sheet
Green Belt	BJJ 3 / 24	8	See skill sheet
Blue Belt	BJJ 3 / 24	8	See skill sheet
Totals	<hr/> = 144	<hr/> = 56	

We believe that an athlete training two to three times a week consistently should be able to attain a blue belt in 12 to 18 months. If you train harder, it could happen sooner. If there are interruptions, injuries, or other complications, it may take longer.

6 – How to be a Good Training Partner

Be a Good Training Partner

Good training partners are an important asset in your Jiu-Jitsu journey. We provide you great training partners with the expectation that you will become one yourself. Five Rings Jiu-Jitsu has a student culture that is based upon respect, learning and staying healthy.

Train in a Controlled Manner

One of the hardest parts of starting Jiu-Jitsu is showing control during live training. Most students worry about getting tapped out and therefore train with too much nervous energy. Relax when training to allow yourself to feel the movements of Jiu-Jitsu. Some things to remember: •No neck cranks, cervical locks or heel hooks

- No slamming your partner
- footlocks or kneebars for white belts
- and purple belts should discuss footlocks and kneebars before using them
- No fish hooking, eye gouging or grabbing fingers individually
- Avoid choking the chin, teeth or face
- Respect the tap, allow partners time to tap
- Be aware of other students training on the mat and don't crash into them
- Move out of the way of higher belts training

Go Slow On Submissions

If you catch someone in a submission, allow them plenty of time to tap. Do not blast your hips into an armbar or crank on a shoulder lock. They may be in an awkward position to tap or they may not know the submission that you have them in. It is expected that you let go of submissions to guarantee the safety of your training partner-- their safety is more important than getting a tap.

Pro tip: Try controlling a submission for 6 seconds. For example, if you can hold your partner in an armbar for six seconds with their arm near fully extended, and he is unable to escape that's a win. Let go of the armbar, count it as a win (internally) and continue the roll. If he doesn't recognize the submission, then let your partner know they should have tapped.

Tap Early and Often

The flip side of the coin is that as a new student you should be tapping early, often and in as many ways as possible. Say "Tap, tap, tap, tap" as you physically tap firmly on the person, tap loudly on the floor and tap with your foot if necessary. By clearly signaling the submission you will prevent injuries that will sideline your development.

Maximize Your Rolling

In Brazilian Jiu-Jitsu rolling with live partners is one of the most important, but poorly utilized areas for beginning students. Focus on learning and improving and not on winning. Here are some strategies to help you get the most of your training.

“Only by hitting and working on your weaknesses will you become a well-rounded fighter. This business of ‘winning a roll’ is silly and limits a student in learning.” - Saulo Ribeiro

Training with More Experienced Students

At first most of your training will be with more experienced students. Start the roll with a few moves that you want to try out. Make note of how the moves are countered and try to use those defenses in future rolls. Stay calm and keep your defensive postures as long as possible and notice how they break down your postures. These sessions will generally hone your defensive skills. Avoid the common mistake of being overwhelmed and going for a Hail Mary technique.

Avoid treating every session with a more experienced student as a barometer for your progress because they will probably be working on their weaknesses when training with you. Experienced students will be your mentors, so move as technically as possible, matching your pace to their pace. If you are training with an experienced student that is a lot smaller than you, focus on staying relaxed.

Also try to limit the training to a specific position so that you can do 5 - 30 second experiments rather than trying one move at the beginning and then be on defense for the rest of the time. Make small adjustments in strategy after each roll. Jiu-Jitsu world champion Braulio Estima believes this learning tool improves his game more than any other and is one reason there is no open rolling in the fundamental classes.

Training with Equals

If the session is with a partner of your skill level, start the session by playing to your strengths. These sessions will usually involve a lot of sweeps and passing the guard, but fewer submissions. If the sessions with your training partner seem to get redundant, try starting with different set of techniques to change things up. Always keep moving and never let yourself get caught up in thinking “what if I lose this position or miss the submission”.

Training with Less Experienced Students

When training with less experienced people focus on skill development. Stay away from your strengths and try to build skill with techniques you are less familiar with. This is a time to focus on your submissions and positional dominance while your partner is working on their escapes and survival. Eventually this form of practice will feel like drilling technique because you can move the game into positions of your choice.

Training with Brand New Students

If your partner is brand new give them a chance to play and avoid shutting them down from the start because it can be very confusing for them. If you have a weakness such as side control escapes, let them start in more dominant positions. Keep in mind that beginners may be wild, so protect yourself at all times. Reinforce good habits by rewarding proper strategy and technique. If you decide to work on a submission, then favor chokes because of the lower chance of injury.

7 - High Expectations, Celebrating Failure

At Five Rings Jiu-Jitsu we have high expectations for all of our students. Our goal is for our students to reach their potential-- hopefully surpassing our coaches and professors. Marcelo Garcia, a multiple time world champion, stresses to his students that they can become better than he is regardless of their age. Our coaches believe in our students, and that rubs off on them so that they can start believing in themselves and others as well.

It is vital that we celebrate failure. Whether it is playing the guitar, dancing ballet or learning a new language, the most difficult part of learning is receiving feedback. Training in Brazilian Jiu-Jitsu gives the student instant feedback as they will frequently “lose” in training when mistakes are made. This constant feedback accelerates the learning curve tremendously, but some students get frustrated that losing is a required part of improving. We celebrate failure because we know that by failing you have put yourself outside your comfort zone and onto the right track. After losing in training, analyze your mistakes and work on avoiding them in the future. Always be willing to tap and appreciate that you will grow as a student because of it.

If losing in training is something to be celebrated, are there types of failure that aren’t celebrated? Yes! Avoid the sense of giving up, shutting down your mind and blaming something out of your control. Don’t shy away from training partners that you will “lose” to. It is vital to keep an open mind and focus on solving challenges. Every Jiu-Jitsu champion can look back at their training and see that it was built upon tapping out thousands of times.

8 – Positional Description

Mount

Mount is the trademark position in Brazilian Jiu-Jitsu. It is a dominant position in self-defense and mixed martial arts because you are able to strike your opponent without your opponent being able to strike you back. There are various submission opportunities available from the mount. Xande Ribeiro insists the main strategy in Jiu-Jitsu is to achieve the mount position and finish the fight with a choke. The most common submissions from the mount are the armbar and the cross collar choke.

Back

The back is a position almost as dominant a position as mount. Compared to the mount position, it is more difficult to strike effectively, but this is offset by your opponent's inability to see your attacks coming. The rear naked choke is the coup de grâce from this position.

Side Control

Side control is a strong position where beginning students feel comfortable controlling their partners. Side control offers advancement to dominant positions such as mount along with a variety of submission attacks.

Knee on Belly

Knee on belly is a control position similar to the side control, but it more mobile. It is useful in mixed martial arts and self-defense situations because you are in excellent position to deliver strikes or transition to the mount. It is usually difficult for new students to maintain balance in this position.

Closed Guard

This position is another signature position of Brazilian Jiu-Jitsu because of the amount of offensive moves available to the person on bottom. Attacks from the closed guard include collar chokes, armlocks, triangle chokes and sweeps. The closed guard allows the bottom fighter to control the person on top with his legs so he can't get to a more dominant position such as side control. The person on top is looking to open the person on bottom's legs, which is called 'breaking the guard'. The position is symmetrical to the mount, so many of the attacks are the same, such as the collar choke and armbar.

Open Guard

The open guard is where the person on top must pass around the person on bottom's legs to achieve a more dominant position such as side control. The person on bottom still has a variety of sweeps and submissions available. The open guard is more fluid than closed guard and more difficult for beginners to grasp.

Half Guard

The half guard is a guard where you only have one of your partner's legs trapped. The person on top is trying to go to side control or mount while the person on bottom is attempting to sweep or recover a better guard such as closed guard or open guard. There are limited submissions available for both the top and bottom person, such as the kimura.

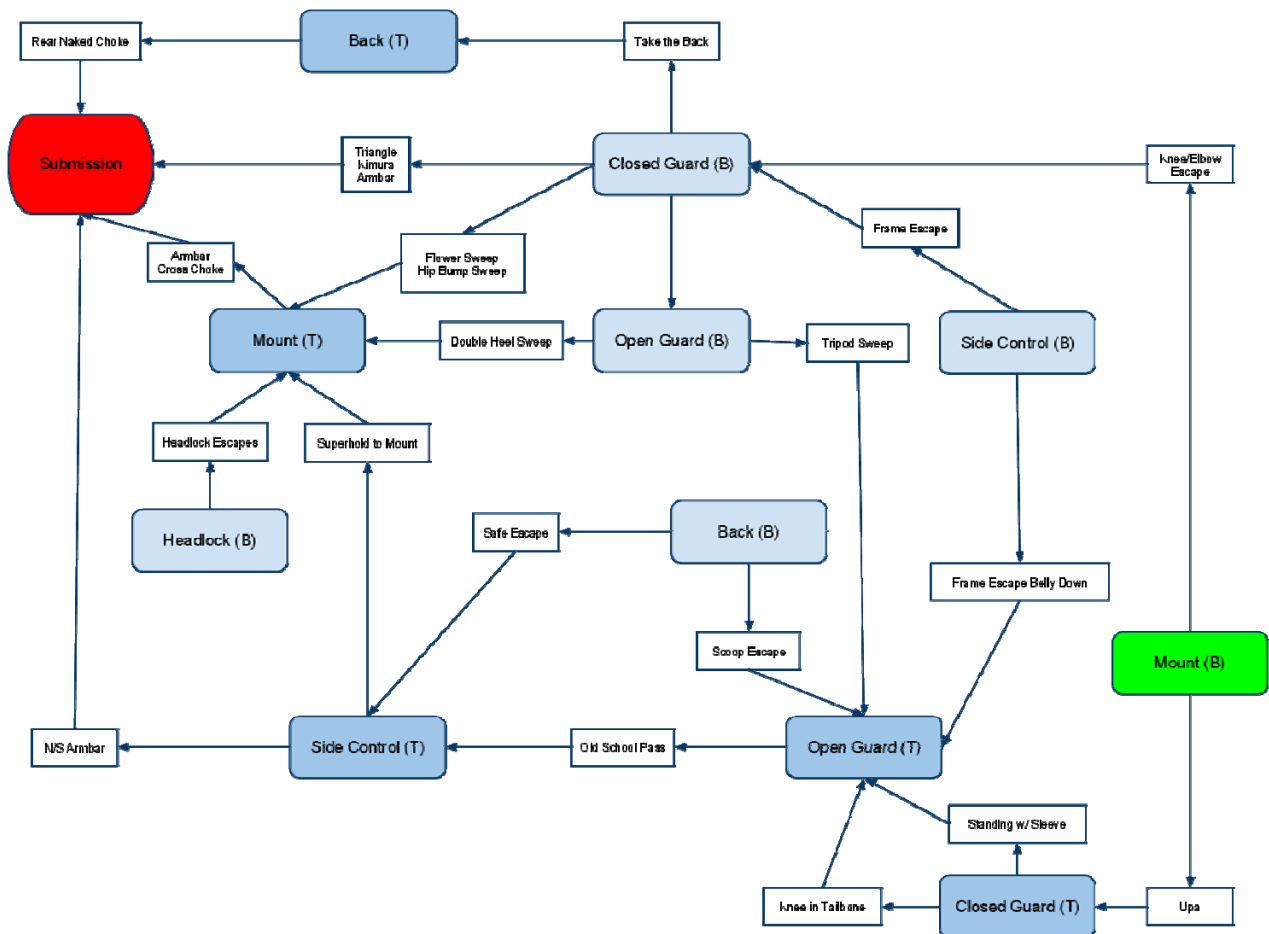
9 – Positional Hierarchy

The following chart represents the major positions in Brazilian Jiu-Jitsu along with the basic accompanying strategy. The order of positions goes from most dominant to least dominant.

	Position	Strategy
Most Dominant	Mount (Top)	Look for the submission: armlock or choke.
	Back (Top)	Look for the submission: armlock or choke.
	Side Control (Top)	Look for the submission or obtain mount or back.
	Half Guard (Top)	Look for the the side control or mount.
	Open Guard (Top)	Look to pass to side control or get to half guard.
Least Dominant	Closed Guard (Top)	Look to break the closed guard and move to open guard.
	Closed Guard (Bottom)	Look for the submission or get to a top position.
	Open Guard (Bottom)	Look for the submission, sweep to the top position or recover closed guard.
	Half Guard (Bottom)	Recover open or closed guard or look to sweep to the top position.
	Side Control (Bottom)	Recover open/closed/half guard.
	Back (Bottom)	Escape, preferably to the top position.
	Mount (Bottom)	Escape, preferably to the top position.

10 – Positional Flow Chart

The following chart represents how the positions interact with each other, linked by techniques found in the fundamental curriculum. One way to navigate the chart is to start in the bottom of mount (lower right hand corner) and work your way to the submission. One example is to start in Mount (B), escape the Mount with the Knee/Elbow Escape to Closed Guard (B) and then use the Triangle Choke to get the submission.



11 – Technical Skills



Name: _____

Five Rings Jiu Jitsu

As of: September 1, 2011

A - White Belt – 1st Stripe

___ A. Understanding of Gym Rules and Mat Etiquette

___ B. Guard – Top

- ___ i. Posture and hand position
- ___ ii. Breaking guard / open legs / kneeling (JJU p. 198)
- ___ iii. Breaking guard / open legs / standing (JJU p. 215)
- ___ iv. Double under pass (JJU p.209)

___ C. Guard – Bottom

- ___ i. Break posture
- ___ ii. Hand position #1, #2, #3
- ___ ii. Closed Guard – arm bar (JJU p. 108)
- ___ iii. Closed Guard – cross collar choke (“claw”) (JJU p. 109)

___ D. Cross side – Top

- ___ i. Head control
- ___ ii. Americana arm bar (JJU p. 330)
- ___ iii. Kimura arm bar (JJU p. 348)
- ___ iv. Step to mount

___ E. Cross side – Bottom

- ___ i. Survival position (JJU p. 35)
- ___ ii. Bridge and shrimp escape (JJU p. 66)

___ F. Mount – Top

- ___ i. Arm bar (JJU p. 332)

___ G. Mount – Bottom

- ___ i. Survival position (JJU p29)
- ___ ii. Elbow escape (JJU p.60)

___ H. Positional Flow Drill

- ___ i. mount /guard / cross-side

___ I. Self Defense

- ___ i. Technical stand
- ___ ii. Clinch versus an aggressive opponent
- ___ iii. Haymaker punch defense

___ J. 12 classes



B - White Belt – 2nd Stripe

- ___ A. Understanding “The Tap”
- ___ B. Guard – Top
 - ___ i. Standing pass hand position
 - ___ ii. Torreando pass (JJU p. 238)
 - ___ iii. X-pass (JJU p. 260)
- ___ C. Guard – Bottom
 - ___ i. Closed Guard – scissor sweep (JJU p. 106 | Xande, Disc 1, Sect. 13)
 - ___ ii. Closed Guard – wrist control triangle (JJU p. 112 | Xande, Disc 3, Sect. 8)
- ___ D. Half-Guard – Top
 - ___ i. Zero position (JJU p. 289)
 - ___ ii. Esgrima pass (JJU p. 300)
- ___ E. Half-Guard – Bottom
 - ___ i. Post flag and recover full guard (JJU p. 179)
- ___ F. Cross side – Top
 - ___ i. Walk-around arm bar (JJU p. 350)
 - ___ ii. Transition to knee ride (Xande, Disc 2, Sect. 9)
 - ___ iii. Knee ride to mount
- ___ G. Cross side – Bottom
 - ___ i. Bridge / shrimp to knees escape (JJU p. 68)
- ___ H. Mount – Top
 - ___ i. Ezekiel choke (JJU p. 334)
 - ___ ii. Palm up / palm down (claw) choke (JJU p. 337)
- ___ I. Mount – Bottom
 - ___ i. Seated mount escape (JJU p62)
- ___ J. Positional Flow Drill
 - ___ i. The Lovato flow drill
- ___ K. Self Defense
 - ___ i. Leg hook takedown
 - ___ ii. Body fold takedown
- ___ L. 12 classes



C - White Belt – 3rd Stripe

- ___ A. Understanding “Survive first. Escape second.”
- ___ B. Guard – Top
 - ___ i. Same side knee pass (JJU p. 268)
- ___ C. Guard – Bottom
 - ___ i. Closed Guard – cross collar posture break (#3)
 - ___ ii. Closed Guard – wrap choke (JJU p. 99)
 - ___ iii. Closed Guard – shin on top triangle (Xande, Disc 2, Sect. 9)
- ___ D. Half-Guard – Top
 - ___ i. Base switch pass with shin (JJU p.292)
- ___ E. Cross side – Top
 - ___ i. Bread cutter choke (JJU p.358)
- ___ F. Cross side – Bottom
 - ___ i. Running escape - basic (JJU p69)
- ___ G. Mount – Top
 - ___ i. Americana lock (JJU p. 330)
- ___ H. Positional Flow Drill
 - ___ i. X pass, knee to belly, back, sliding collar, mount, upa
 - ___ ii. Standup, double heel, mount, knee elbow
 - ___ iii. Standup, double heel, tripod sweep, guard
- ___ I. Self Defense
 - ___ i. Mount – positional control
 - ___ ii. Americana armlock
 - ___ iii. Take the back
- ___ J. 12 classes



D - White Belt – 4th Stripe

___ A. Understanding Belts and Progressions

___ B. Guard – Top

- ___ i. Knee cross pass (JJU p233)
- ___ ii. Guillotine defense in guard and standing (JJU p. 87)

___ C. Guard – Bottom

- ___ i. Hand hit posture break
- ___ ii. Hip bump sweep (JJU p. 114)
- ___ iii. Kimura
- ___ iv. Guillotine choke

___ D. Half-Guard – Top

- ___ i. Shin slide pass to mount (JJU p.298)

___ E. Half-Guard – Bottom

- ___ i. Triangle bridge to recover underhook

___ F. Cross side – Top

- ___ i. Step-over choke (Elvis) (JJU p. 356)
- ___ ii. North / South choke – 1 arm

___ G. Mount – Top

- ___ i. Transition to technical mount / triple threat
- ___ ii. Arm bar (JJU p. 332)
- ___ iii. Sliding collar choke
- ___ iv. Taking the back

___ H. Mount – Bottom

- ___ i. Hands on hips and bump escape (Hydraulic)

___ I. Positional Flow Drill

- ___ i. Flower sweep, knee elbow escape
- ___ ii. Upa, Saulo open, cross knee, mount
- ___ iii. Safe escape, mount, technical mount, seatbelt to hooks

___ J. Self Defense

- ___ i. Mount – straight armlock
- ___ ii. Back – rear-naked choke
- ___ iii. Standing rear-naked choke defense
- ___ iv. Standing, dragging rear-naked choke defense

___ K. 12 classes



12 - Personal – Mission

Writing a personal mission statement offers the opportunity to establish what's important and make a decision to stick to it before we even start your Jiu Jitsu Journey. Steven Covey (in First Things First) refers to developing a mission statement as "connecting with your own unique purpose and the profound satisfaction that comes from fulfilling it."

So what are you looking for in Jiu Jitsu?

- Self defense skills
- Having a positive emotional outlet where you can have fun and enjoy yourself
- Health and fitness
- Confidence
- Competition
- Personal growth and development
- Gain better focus and composure under pressure
- Fun

All of these are legitimate answers. Decide what matters most to you. Take a few minutes to write out your Jiu Jitsu mission.

As you grow and develop in Jiu Jitsu, you can edit your mission to include new dimensions of the sport that you may not be aware of at the beginning. That is perfectly acceptable. Revising your personal mission is a good exercise every 18 – 24 months.

"Whatever the mind can conceive and believe, the body can achieve."

Review your missions regularly (monthly) and evaluate if your daily actions are in accord with your overall mission. If your weekly training schedule and overall progress match with your mission statement, terrific! If not, don't freak out. It simply means that it's time to make changes to help you match your actions with your mission. This is a great place for a coach to give you advice on what things you can do to match your mission – goals – and daily actions.

Through clearly stating what matters most to you, you'll be able to make decisions about how you use your time, live your life, and the level of commitment to those things you value most in your life.

Personal – Goals

Goals are mile posts en route to a dream. Becoming a black belt is a common long-term goal. Living a healthy lifestyle and improved physical fitness is also a common goal. Learning self defense and feeling a greater sense of safety may be a goal too. Once you set a long-term goal, then you can go about making mid- and short-term goals that will help you achieve your desired outcome.

“We first make our habits, then our habits make us.”

Examples of great short-term goals to set initially:

Earn your 1st stripe.

How does one go about achieving this?

Attend twelve BJJ 1 classes.

To achieve your goal and build a positive habit – attend two BJJ 1 classes per week. In six weeks you should have achieved your goal.

Find two classes that you can attend regularly. Commit to attending them. What will be the cost / sacrifice you’ll have to make to attend those two classes? (What will you have to give up?) If something prohibits you from making a class, have a backup plan. What are you going to do to get “back on-track”?

Other examples of short-term goals:

- Perform a move (a double under-pass, an Americana armbar, a hip-bump sweep) successful in positional sparring.
- Be able to do pendulums fluidly
- Perform 50 push-ups and 50 squats without stopping
- Do flow drill #1 (“the” flow drill) 100 times for the next four weeks

“A goal not written is a wish.”

By setting these short-term goals and creating a plan to achieve them, you’ll bring focus and traction to your training. This process will be invaluable as you get deeper and deeper into your Jiu Jitsu Journey.

13 - Personal – Training Log and Technical Notes

Regularly writing down what you learn in class or at a training session is extremely valuable. It is a great way to capture the details of an experience. Learning is a process of re-discovery and refining. By journaling your experience, you'll have a record of your development and be able to refer back to it. Those that commit to journaling can a level of awareness about the technical / mechanical side of the sport that is hard to explain – the writing process forces them to articulate details and clarify to a level of depth that is powerful.

Try writing in your training log after every practice for the first six weeks. Don't worry about "if you're doing it right". Instead, just write down what you learned, what you understand, things you're not clear on, and any other aspects of the moves that you found interesting. Over time you'll develop your own system and style. You'll be glad you did!

Class #1

Class #2

Class #3

14 - Personal – Reflections and Thoughts

In contrast to technical notes about moves and positions, reflections and thoughts are an area that you work on your mental state and your Jiu Jitsu strategy. In this space of your Jiu Jitsu Journal, you focus on defining your game plan and figuring out how to stay calm and assertive in the midst of your uncooperative opponent's pressure.

Just like your technical notes, try writing in your reflections and thoughts section after every class or at least once a week for the first six weeks. Don't worry about "if you're doing it right". Instead, just write down what you experience. Try writing out your game plan for the week and assessing how it went ... what worked, what didn't. Write down your observations of experience grapplers – what are they doing? How do they deal with difficult situations, what is there game plan, etc. Over time you'll develop your own system and style. You'll be glad you did!

Week #1

Week #2

Week #3

15 – Learning Template

[illegible]

[illegible]

[illegible]

[illegible]

Appendix



A - Online Resources

An expanded, more comprehensive version of the appendix articles can be found at

www.5rjj.com/members

and search

“Virtual Jiu Jitsu Journal”.

B – Your First Week

Get Ready for Class

- Take your shoes and socks off before stepping on the mat.
- Bow when stepping onto and off of the mat.
- Use the changing rooms to put on your uniform and leave your gym bag on the shelves.
- Ask another student to help tie your belt if you aren't sure.
- Ask another student for help with the warm ups if you aren't familiar with them.
- If you forget something at the Academy, there is a Lost and Found box in the back closet (the door under the timer)

Fundamental Class Format

Classes are organized around a position of the week for which a related set of techniques are shown. Each class will have a slightly different set of drills and technical focus even though the major techniques are the same.

<i>Time (min)</i>	<i>Description</i>
0 - 5	Line up, bow, warm-up and hip-outs
5 - 15	Line up to get a partner, partner drills
15 - 25	Self-defense or mixed martial arts technique of the week
25 - 45	Techniques from position of the week
45 - 50	Review
50 - 59	Training from position of week (new students will observe or drill)
59 - 60	Line up for close out, announcements, bow and shake hands

After Class

After the first few weeks, students are encouraged to stay after class to work on techniques with a partner. Observe other students training after class and try to pick out the techniques that they are doing. This will help develop your mental framework for Jiu-Jitsu and how the moves are related.\

- Always shower after class
- Wash your kimono
- Take notes on the technique

Soreness

It is common when starting Brazilian Jiu-Jitsu to experience soreness within the first few days of training. Jiu-Jitsu is designed to use the large muscles in your legs, hips, and back against your opponent's smaller muscles and joints. Soreness is due to microscopic tearing of the muscle fibres and part of your body's way to greater strength and conditioning. This is very different than a sudden injury such as a strain or a sprain. Avoid injuries by sticking to a training schedule of two days a week. Add a third class if your body isn't too sore after a few weeks. Ice any sore muscles you may have. Seek medical attention if you are injured. If you are training around an injury, protect your injury. Let your training partners and instructor know about the injury so they can avoid unnecessary contact.

C – Academy Schedule and Format

BJJ 1 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 – 7:50 am		7:00 – 7:50 am		7:00 – 7:50 am	9:00 – 9:50 am
11:30am – 12:30pm		11:30am – 12:30pm		11:30am – 12:30pm	<i>Open Mat 11:30 am – 1:00 pm</i>
6:00 – 6:50 pm	7:00 – 7:50 pm	7:30 – 8:20 pm	6:30 – 7:20 pm	<i>Open Mat 4:00 – 6:30 pm</i>	

Classes to Curriculum

- BJJ 1 First 24 classes – earn 1st and 2nd stripes
- BJJ 2 24 classes – earn 3rd and 4th stripes
- BJJ 3 24 classes per level - Earn Yellow, Orange, and Green belts
- BJJ 4 Blue belt and above focus: supplemental material and secondary positions, topical material, trouble-shooting, sparring

D – Fundamental Curriculum: BJJ 1

Only a small percentage of Brazilian Jiu Jitsu schools have a curriculum available for their students. Five Rings Jiu Jitsu offers a twenty week rotating curriculum that allows new students to start at any time. Each week revolves around a specific position and a core set of moves. Every four weeks is a block and concludes with a review week to help students retain the information they have learned. This curriculum is designed to take a white belt to his first two stripes and ready for the next series of classes.

Week 1: Passing the Guard - Knees

- Knee in tailbone guard break, double underpass
- Technical stand
- Flow drill #1

Week 2: Passing the Guard - Standing

- X pass
- Clinch vs. aggressive attacker

Week 3: Cross-sides Top

- Kimura and hug / step around armlocks
- Ways to mount
- Leg hook takedown

Week 4: Review

Week 5: Mount Top

- Classic armlock and X choke
- Body fold takedown
- Flow drill #2

Week 6: Guard Bottom

- Classic armlock and claw choke
- Flower sweep
- Standing headlock defense

Week 7: Guard Bottom

- Back attack and barrel roll sweep
- Guillotine defense
- Flow drill #3

Week 8: Review

Week 9: Mount Bottom

- Survival position
- Elbow escapes
- Headlock escapes (1 – 2)

Week 10: Mount Bottom

- Upa (bridge) and dead-angle escapes
- Flow drill #4
- Headlock escape (3)

Week 11: Cross-Sides Bottom

- Survival position
- Hip escape to guard recover or to quarters
- Grab counters

Week 12: Review**Week 13: Cross-sides Bottom**

- Hip escape, Xande response and running man escapes
- Twisting arm counter
- Flow drill #5

Week 14: Half-Guard Bottom

- Survival position
- Guard recover and coming to knees reversal
- Bear-hug counters

Week 15: Half-Guard Top

- Esgrima and hip switch passes
- Rear-choke counter
- Flow drill #6

Week 16: Review**Week 17: Closed Guard - Triangle**

- Triangle Setup, Triangle Finish
- Bear Hug Defense from Front (Under) to Armbar
- Flow drill #7

Week 18: Open Guard

- Double heel sweep, tripod sweep
- Standing Guard Break with Sleeve, Pin Hip and Knee Pass

Week 19: Back Attacks

- Rear Naked Choke, Hand-fighting for Rear Naked Choke
- Single Leg Takedown Entry
- Flow drill #8

Week 20: Review**Class Focus for BJJ 3 + 4 Classes**

Technical	Mondays, Wednesdays
Drilling / Practice	Tuesdays and Thursdays
Review the week	Friday and Saturday

Academy Class Schedule

A complete, up-to-date class schedule can be found at www.5rjj.com.

E - Fundamental Concepts

Combinations

Stringing more than one move together in a sequence. A combination is started with one move in mind and then you will go to another move based on your partner's defense to your first move.

Flow

An idea related to combinations flow refers to connecting of your movements while reacting to your partner's movements in an uninterrupted, fluid fashion. It is the idea of being in a neutral state of mind where your movements are the unconscious reactions to on your partner's movements. This is developed with years of training and developing the muscle memory. This can take years to develop, so don't become frustrated or give up too soon. Time invested in flow will pay off.

"You must allow yourself to go as an automatic pilot. You don't know exactly where you are going until the movement happens... You must be relaxed and connected with the variations." - Rickson Gracie

Pressure

The optimal use of your weight to dominate your opponent. Usually it is about positioning yourself in the strongest alignment while creating mis-alignment in your partner's body. Think about trying to be like a wet blanket and about making your partner try to hold your weight in the weakest way possible.

Indicators

The ideal situation in which to apply one technique versus another technique. For example when you are in closed guard you and your opponent's hands are on the floor it would be an indicator for the kimura, but not an armlock.

Leverage

Leverage is the idea of putting yourself in a mechanically strong position compared to your partner so that you can achieve maximum affect with minimal effort. Leverage will enable you to armlock someone much stronger than you and escape from someone much heavier than you.

Base

Base in Jiu-Jitsu are the points of contact with the ground that prevent you from getting swept. You can think about it like legs on a table. If you remove one of the legs, the table will stand, but as soon as your remove the second leg the table will fall. Therefore it is important to keep your center of gravity over the points of contact you have with the floor, otherwise you are off balance and more easy to tip over.

Timing

Timing is about reacting with the proper move at the proper moment for the move to work. This is the muscle memory that is developed over time and the sense of what your opponent is trying to accomplish. Usually if you think about the right move to do, the moment for the move has already passed.

"If you think, you are late. If you are late, you use strength. If you use strength, you tire. And if you tire, you die." - **Saulo Ribeiro**

Connection

Connection is the contact that you have between yourself and your opponent (though sometimes used between yourself and the ground). If you have a good connection with your opponent when you move, he will move as well. If you are disconnected with your opponent you will have to use more energy to get the same amount of movement out of your opponent.

Kazushi

The idea of off balancing or taking someone out of their base. Once someone is off balanced, usually through a push, pull or feint, then it is much easier to throw or sweep that person. This concept was developed by Jigoro Kano and is an essential principle in Judo.

Ah-Ha Moments

This is your Eureka moment or moment of discovery. These moments are more for self discovery than for something completely new to the art of Brazilian Jiu-Jitsu. It is common for these moments to happen months after something that has been described by the coach is finally internalized by the individual.

F - Glossary

Armlock: also known as armbar, juji gatame. A lock in which the elbow joint is hyperextended.

Base: the ability to keep your balance / keep your center of gravity down and under control.

Breakfall: a method by which you can reduce the impact of being thrown or falling.

Clinch: A position in which one person has gripped the other whilst standing. The most dominant clinch is a double underhook position. In Jiu-Jitsu this is a precursor to a takedown.

Collar Choke: aka x-choke, cross choke, jujime. A choke accomplished by gripping the collars of your opponent with opposite hands, while the choke comes from your wrists pressing against their arteries.

Cross-sides: see side-control.

Gi: also known as kimono. This is the uniform for Brazilian Jiu-Jitsu practitioners. It is similar to a Judo Gi, but tighter fitting.

Guard: When one athlete is on his back and has his legs around the waist / mid-section of another athlete. The guard can be open or closed.

Guillotine: A choke that is applied by wrapping one arm around the neck. The other hand secures the choke by grabbing at the wrist. There are many variations of this choke.

Hip Out: aka shrimping, hip escape. Used to describe a motion in which you move your hips to the side. This is an essential part of escapes in Brazilian Jiu-Jitsu.

Hooks: When on someone's back you place your heels around your opponents body and insert them on his inner thighs.

Mount: When one athlete is sitting on top the stomach of another athlete who's back is to the mat.

Passing the Guard: The act of moving from insides someones guard to side control or mount.

Posture: Posture is a position where your opponent will have a difficult submitting or sweeping you and where you can start to advance to a better position. Achieving posture is the first step in escaping a bad position.

Rear Naked Choke: aka mata leão ('to kill the lion' in Portuguese), often abbreviated to RNC. A signature submission that involves choking the person without the kimono.

Rolling: aka sparring or randori. Generally when rolling, one person attempts to submit the other, who resists them. The instructor may use 'positional sparring' in order to familiarize students with certain positions, such as sparring from guard with the end goal of passing or sweeping.

Side Control: A position in which you are on top and perpendicular to your opponent.

Sweep: A move from the guard where you end up on top of your opponent.

Takedown: A move from standing in which the opponent is taken to the ground such as a throw, trip or shot (double leg, single leg).

Tapping: An indication of yielding to your opponent. You can tap with your hand, foot or verbally.

Triangle Choke: A blood choke in which you use your legs to squeeze your opponent's own arm against their artery. The name comes from the position of the legs, with one across the back of the person's head, the other securing the hold by locking a shin underneath a knee.

Turtle: aka quarters. A position in which you are on all fours, making the smallest target possible.

Upa: aka the bridge or bump. Raising the hips when on your back. It is essential to escaping several positions by making space. It can also refer to the trap and roll escape from bottom of mount.

Find more on the members' site.