



Student Handbook, Welcome Package, and Kids Activity Book

Answers to Frequently Asked Questions and
A Guide to Student Etiquette
As well as a printable Activity Book for the Kids

Copyright © 2019 Tom Lynn & Christa Lynn

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

Disclaimer: This book is to be used for supplemental training only. It is not intended to provide any legal, medical, or professional advice, nor is it a substitute for training with a qualified instructor. Techniques described in the book and accompanying links can result in injury to yourself or others. Everyone should practice these techniques only under qualified supervision.



Table of Contents

Academy Rules and Etiquette.....	4
How to Tie Your Belt.....	5
What is a Typical Class Like?.....	5
Kids Martial Arts	
Adult Brazilian Jiu-Jitsu	
Adult Fitness-Kickboxing	
What do I wear my first time to class?.....	6
Is Brazilian Jiu-Jitsu good exercise?.....	6
Who can learn Brazilian Jiu-Jitsu?.....	6
Is Brazilian Jiu-Jitsu Safe?.....	6
How Long until I get my Black Belt?.....	7
What are the Belt Rankings in Brazilian Jiu-Jitsu?.....	7
The Academy of Martial Arts Belt System	9
What's a GI?.....	10
What Makes BJJ Different From Other Martial Arts?.....	10
What is Brazilian Jiu-Jitsu?.....	10
The Academy of Martial Arts Curriculum.....	11
Adult BJJ.....	11-12
Fundamentals.....	11
Curriculum Resources.....	12
All Levels.....	12
NoGi.....	12
Open Mat.....	12
Kids Martial Arts Program.....	13
Little Heroes (4-6 Years Old).....	13
Heroes (7-10 Years Old).....	13
Teen Titans (10-16 Years Old).....	13
The Academy of Martial Arts Schedule.....	14
Private Lessons.....	14
Common Brazilian Jiu-Jitsu positions.....	16
Kids Activity Book.....	18

Academy Rules and Etiquette

- Sign in before every class on the ipad kiosk
- Be punctual- arrive on time or even a little early to start class on time
- Always bow toward the mats when entering or leaving mat area
- NO SHOES ON MATS
- Being shirtless is not allowed and no changing clothes out in the open
- Always wear shoes in the bathroom
- Absolutely NO foul language in the Academy.
- Show respect to everyone
- Do NOT try to hurt your training partner. We are all learning, we are NOT competing for a medal or fighting for our lives inside the Academy.
- Always shake hands and give a friendly welcome to all other students
- Good Hygiene is mandatory!
 - Fingernails and toenails must be trimmed!
 - Uniforms must be clean! Wash your belt regularly also (they collect germs too)
 - You may want to hang dry your GI to prevent it from shrinking
 - Your body must be clean!
 - Keep the Academy clean
- No jewelry
- No eating, drinking, or chewing gum on the mats
- All students must wear appropriate uniform.
 - Rash guard is mandatory under the GI for adults (tshirt is ok for Kids)
 - Academy GI must be worn on GI days and must be matching colors top/bottom
 - Appropriate Academy Ranked rash guard and Academy shorts must be worn on NOGI days (spats may be worn under shorts)
- Please stay off of matted area until it is time for your class to begin
- During rolling (sparring) if your group gets near or bumps into another group, the pair with highest belt has right of way and the other group should move.
- Line up with the highest rank in the front of the room and the most stripes to the right
- Please place shoes and other belongings on the shelves provided in the back
- **Parent Etiquette**
 - Absolutely NO COACHING from the sidelines.
 - In the car after class, be happy for your child when they do well and supportive when they don't. Please leave the coaching to us.
 - DO NOT leave children (under 10) alone at the Academy when they are not actively in their class.
 - And please do not leave those under 6 alone at the Academy even during their class time.

How to tie your belt.

Here is a link to the video.

https://youtu.be/LYM_jyOzGd0

What's a typical class like?

Kids Martial Arts

We begin class with the Word of the Week, where we discuss age appropriate topics like Focus, Grit, Confidence and how they pertain to the child and how they can utilize these powerful words in every day life. We then do some light calisthenics and stretching. Following our warm up we begin the drilling of various techniques (kicking/punching, grappling, self-defense scenarios). We have 3-5 groups and rotate every 5-10 minutes to maximize the attention span of the children. After our drilling is completed, we begin to spar (roll). Rolling is when students are able to put their techniques to the test with training partners who can resist and counter just as they would in an actual fight in a controlled and friendly setting, providing valuable experience should the techniques ever need to be applied in an actual self-defense encounter.

Adult Brazilian Jiu-Jitsu

We begin class with some light calisthenics and stretching. Following our warm up we begin the drilling technique. These drills when done over and over help form muscle memory and help our students retain technique. After our drilling is completed, we begin to spar (or roll). Rolling is when students are able to put their techniques to the test with training partners who can resist and counter just as they would in an actual fight in a controlled and friendly setting, providing valuable real world experience should the techniques ever need to be applied in an actual fight.

Adult Fitness-Kickboxing

We begin class with some light calisthenics and stretching. Following our warm up we begin a variety of strength, conditioning, or technique stations. We want you to reach your own personal goals, whether that is weight loss, improved striking prowess, or simply become more physically fit. This is NOT a sparring class. You will shadow box with partners, but there will not be any full contact sparring. This is done to minimize risk of injuries.

What do I wear my first time to class?

The best thing to wear to a first class is a T-shirt and shorts. For the Kids Martial Arts classes and the Adult Brazilian Jiu-Jitsu class we will often provide you a uniform to try class on your first day. Mouthpiece is also recommended when “rolling” (sparring).

Is Brazilian Jiu-Jitsu good exercise?

Brazilian Jiu Jitsu in general can provide you with far more extensive results than typical aerobic exercise. The resistance encountered while rolling provides you with a good base to improve your core strength through intense abdominal workout, increase your muscle tone and reduce your body fat while improving your balance, bodily coordination, cardio vascular capacity, and muscular endurance.

Who can learn Brazilian Jiu-Jitsu

Practically anyone can utilize the techniques taught in Brazilian Jiu-Jitsu. The core principle of Jiu Jitsu is to provide a method for smaller, weaker individuals to protect themselves from bigger, stronger attackers.

Is Brazilian Jiu-Jitsu Safe?

At ‘The Academy of Martial Arts’ safety is paramount. Accidents may happen, however; lack of seriousness during training and careless application of technique or counters contributes greatly to injury. Careless practice is disrespectful to the spirit of Jiu Jitsu. For the most part BJJ is a fairly “low-impact” sport that allows people of all ages to safely practice.

How Long Until I get My Black Belt?

Adult Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is known for taking the longest for a practitioner to receive the rank of Black Belt. Typically, it takes an average of 10 years (give or take) for an adult training regularly to attain the rank of Black Belt in Jiu-Jitsu. Each belt (with the exception of Blue) takes about 2-5 years of dedicated practice: Blue Belt can often be attained in about a year of dedication.

Kids Martial Arts

We offer training in both Taekwondo and Brazilian Jiu-Jitsu. The student will be simultaneously learning both arts. At the age of 16 the student will be old enough to qualify for a Taekwondo Black Belt and a Brazilian Jiu-Jitsu Blue Belt provided that they have graduated through the lower belt ranks. At this point they can continue their training in the adult program towards their BJJ Black Belt.

What Are the Belt Rankings in Brazilian Jiu-Jitsu

As with other martial arts, the progress of a student is marked with a series of colored belts. Unlike other martial arts where Black Belt marks a person's proficiency in a style, in Jiu Jitsu the rank of Black Belt is conferred to individuals who have *mastered* the art of Brazilian Jiu-Jitsu

Adult Brazilian Jiu-Jitsu

The belts orders for adults are: White, Blue, Purple, Brown, and Black. Often schools award one stripe anywhere from 6 months to three years up to four stripes before moving up to the next belt. Instructors have Black Belt with red bars and Black Belts who are solely competitors have White Bars. Typically, Black Belt instructors are not allowed to promote others up to Black Belt rank until they receive their 2nd stripe.

Kids Martial Arts

The ranks for children are different. Blue Belt and higher ranks have age requirements, so children have a different belt color system. Each belt has 6 stripes. Each stripe representing something the student has mastered in class. When the student has all 6 stripes, they are eligible to test for their next higher

belt. These belt promotion tests are held typically up to 3 times per year. These belts are utilized until age 16.

Green Stripe: mental focus

Yellow Stripe: striking combination

Red Stripe: Self-Defense

Purple Stripe: grappling

Blue Stripe: TKD Forms

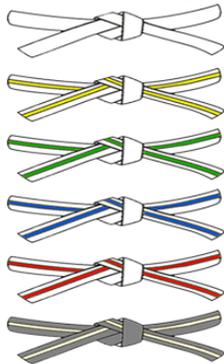
Black Stripe: Physical Fitness requirements



KIDS MARTIAL ARTS BELT SYSTEM

Little Heroes (4-6 y/o)

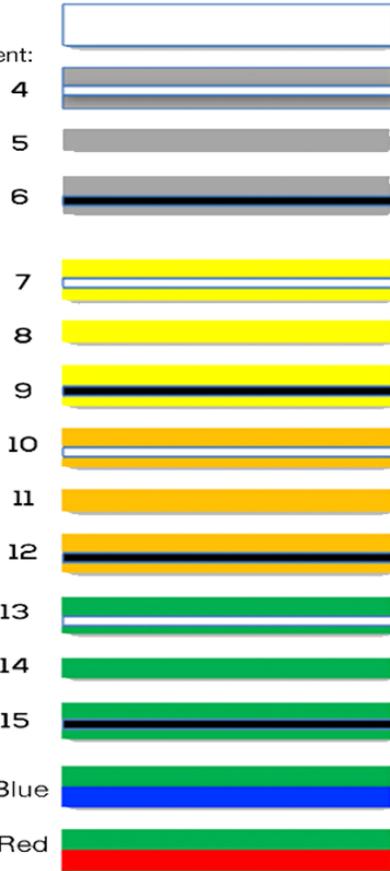
Year 1



6 Stripes Required at each belt level before promotion to next belt for all Kids Martial Arts programs.

- Green: Mental Education
- Yellow: Striking Combination
- Red: Self-Defense
- Purple: Grappling
- Blue: TKD Form
- Black: Physical Fitness

Minimum Age Requirement:



BJJ Green/TKD Blue

BJJ Green/TKD Red

16+



Taekwondo
Black Belt



Brazilian Jiu-Jitsu
Blue Belt

BRAZILIAN JIU-JITSU Adult Belt System (16+)



What's a GI?

Adult Brazilian Jiu-Jitsu

A GI (pronounced G-ee) (sometimes referred to as a Kimono) is the uniform that is typically worn when training Jiu-Jitsu. It consists of 3 pieces: a jacket (or top), pants and a belt. The material in which the three pieces are made is specially reinforced to withstand the rigors of practice of daily practice. Many Jiu-Jitsu people regard their GI in the same way a knight would their armor. Most practitioners of Jiu-Jitsu who advocate the usage of the GI cite the more technical aspect of grappling with a GI.

Once a week (Thursdays) we do 'NOGI' and train in a rashguard and shorts to limit the number of "grips" and this sort of training tends to mimic fighting without a jacket.

Kids Martial Arts

A Dobok is the Korean term used for the Taekwondo uniform that is typically worn when training in the Kids Martial Arts program. It consists of 3 pieces: a pull over top, pants and a belt. The material in which the Dobok made is typically lighter weight and allows more mobility than the heavy Jiu-Jitsu "GI".

What Makes BJJ Different from other Martial Arts?

Brazilian Jiu-Jitsu differs from other martial arts in that it provides solutions for all possible stages of combat. Other disciplines like Taekwondo or Karate focus on striking and rely on a person's strength and speed to deliver damage. Brazilian Jiu-Jitsu differs from other martial arts fundamentally. Brazilian Jiu Jitsu relies on superior technique and leverage especially when an attacker is close enough to grab you. It allows the practitioner to scale the level of defense deemed appropriate for the situation.

What is Brazilian Jiu-Jitsu

Jiu Jitsu began with Matsuyo Maeda a Japanese Jiu Jitsu/ Judo master and a student of the founder of Judo (Jigoro Kano) member of the Kodokan. Maeda immigrated to Brazil in the 1910's where an influential businessman named Gastao Gracie helped him get established. In return for his aid, Maeda taught the fighting art to Gastao's son Carlos Gracie and little brother Helio Gracie, who then taught it to their sons. When Maeda taught the art to the Gracie's he called it Jiu Jitsu. The Gracie family refined this art form into what is known today as Brazilian Jiu Jitsu.

The Academy of Martial Arts Curriculum

Adult Brazilian Jiu-Jitsu

We focus in teaching and training Brazilian Jiu-Jitsu for self-defense, sport and fitness. Below are descriptions of the programs and classes offered.

Fundamental Program White Belt

These classes are 45 minutes-1 hour long

- Uniform requirements:
 - Academy Martial Arts Gi top Academy Logo,
 - Academy Martial Arts Gi bottom with Academy logo
 - Top and bottom colors must match (blue, white, or black)
 - Appropriate belt coinciding with belt rank
 - Academy rash guard underneath GI top

All are welcome to attend these classes regardless of belt color.

It takes an average of about 1 year of regular (at least 2-3 times a week) to graduate from white belt to blue belt.

The beginner's curriculum is designed to build a solid foundation that will carry the student throughout the rest of their training. Emphasis is placed on learning and drilling the fundamentals, including how to:

- Break-fall
- Escape pins and inferior positions
- Defend chokes and arm locks
- Open and pass the guard
- Gain and maintain superior positions
- Perform basic takedowns, sweeps, and submissions

Students also learn important self-defense techniques such as how to:

- Safely get to your feet while being attacked
- Block and counter punches, kicks and head butts
- Escape headlocks (standing and on the ground)
- Escape bear hugs

Curriculum Resources

If there is ever a week that you miss the fundamentals class, don't worry. We repeat these classes at the same time next year. The curriculum schedule is on the website <https://monumentjiujitsu.com/members>

We are working diligently on getting all of these moves recorded on YouTube for further reference. www.bit.ly/tomlynnjr Then click on "playlists" then on "move of the week".

"All levels" Jiu-Jitsu classes

- Same Uniform requirements as the Fundamentals (except on NOGI days)

Once a student has a strong base in Brazilian Jiu Jitsu, they can further develop their skills and techniques with more advanced instruction which:

- Advanced strategies and combinations.
- Advanced sweeps and submissions.
- Advanced escapes and counters.
- Advanced open Guard.
- Leg Locks.

No Gi Submission Grappling Open to All levels – THURSDAYS

In No Gi classes, students learn to apply the techniques of Brazilian Jiu Jitsu without the GI.

- Uniform requirements:
 - Academy Martial Arts "ranked" Rash Guard (rash guard color coincides with current belt rank)
 - and Academy Martial Arts shorts
 - You are allowed to wear "spats" under your shorts

Brazilian Jiu-Jitsu 'Open Mat' Days

These classes are open to all levels and for Teen Titans and Adults to provide an opportunity for students of all ranks and various ages to train together. This allows for question and answer training of specific positions, drilling of your favorite moves or moves that you are having difficulty with, or just free rolling.

Kids Martial Arts

Little Heroes – Children’s Fundamentals. Age 4-6

Children learn the same effective techniques as the adults in exciting classes that teach self-defense and personal skills, develop coordination and fitness, and foster respect and personal discipline. We combine Taekwondo and Brazilian Jiu-Jitsu in all of our Kids Martial Arts classes, so your child learns kicking, punching, and grappling. However, at this age we emphasize bully proof skills and personal development skills that they will grow up and use throughout their life.

In the Little Heroes (4-6 y/o) classes, we DO NOT teach submissions. As we feel that this is unnecessary at this age and can be dangerous. We teach them how to deescalate potential physical encounters, and if unable, we teach them control positions that even work on kids bigger than them. We also emphasize escape and defensive techniques that work for their age and size.

Heroes – Children’s Intermediate & Advanced Age 6-10

Children learn the same effective techniques as the adults in exciting classes that teach self-defense and personal skills, develop coordination and fitness, and foster respect and personal discipline. We combine Taekwondo and Brazilian Jiu-Jitsu in all of our Kids Martial Arts classes, so your child learns kicking, punching, and grappling. However, at this age we emphasize bully proof skills and personal development skills that they will grow up and use throughout their life. This is the age where we start teaching submissions in a controlled environment. They need to understand when and where to apply pressure to get an attacker to stop attacking. They also learn at this age when it is appropriate to stop attacking your partner by the use of the “tap”. We teach them how to deescalate potential physical encounters, and if unable, we teach them control positions that even work on kids bigger than them. We also emphasize escape and defensive techniques that work for their age and size.

Teen Titans – Children’s Intermediate & Advanced Age 10-16

This class is starting to become even more like the adult classes in terms of the level of what the student is learning. They continue to learn both Taekwondo and Brazilian Jiu-Jitsu to become well rounded martial artists. We still emphasize personal development skills that are age appropriate. These are more advanced classes that continues to build their basics while expanding their knowledge.

The Academy of Martial Arts Schedule

Schedule as of June, 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Brazilian Jiu Jitsu (All Levels)	7:30 AM	7:30 AM	7:30 AM	7:30 AM NOGI		Open Mat 9-11am
Private Lessons	9 AM- 4:30 PM	9:00 AM- 4:30 PM	9 AM- 4:30 PM	9:00 AM- 4:30 PM		
Trial Lessons						
Teen Titans 10-15 y/o		4:30-5:30 PM		4:30-5:30 PM		Free Trial Class 10am
Little Heroes 4-6 y/o	4:30-5PM		4:30-5 PM			
		5:30-6 PM		5:30-6 PM		
Heroes 7+ y/o	5-5:45 PM		5-5:45 PM			
		6-6:45 PM		6-6:45 PM		
Teen Titans 10-15 y/o	5:45-6:45 PM		5:45-6:45 PM			
Fitness Kickboxing	6:45-7:30 PM		6:45-7:30 PM			
Adult Jiu-Jitsu Fundamentals		6:45-7:30 PM (GI)		6:45-7:30 PM (GI)		
Adult Brazilian Jiu Jitsu (All Levels)	7:30 PM	7:30 PM	7:30 PM	7:30 PM NOGI		

Private Lessons

What are Private/Semi Private Lessons?

Private lessons: Privates are suited to individual needs and time constraints. Private lessons are suggested as a continual way to practice for the serious student and as a tune up for the active group class participant.

Semi Private Lessons (2 or 4 people only): This type of class is designed for students that require more of a personal question/answer type of environment. This class can be reserved for up to four people and can be scheduled at the group's & instructors convenience.

Private lessons are the best way to improve your overall technique level and to skyrocket your BJJ game. Students that take monthly privates improve significantly faster than students without receiving private instruction. Private instruction is a great supplement to the training you have received in a group lesson. With private lessons, you will progress faster than taking group lessons

alone. The personalized attention and energy of an instructor during a private lesson can be a tremendous advantage. During a private lesson, you can choose what areas to focus on. You can ask the instructor about techniques beyond your belt requirements and learn how to defend yourself in situations that particularly concern you. You can also work on refining the techniques that you have learned and practiced in your group lessons.

Private Lessons

\$50/30min or \$100/hr.

Private only memberships

1/week = \$90/session = \$360/month

2/week = \$80/session = \$640/month

3/week = \$70/session = \$840/month

All privates must be scheduled through:

tomlynnjr@monumentjiujitsu.com or

719-800-2551



Common Brazilian Jiu-Jitsu Positions

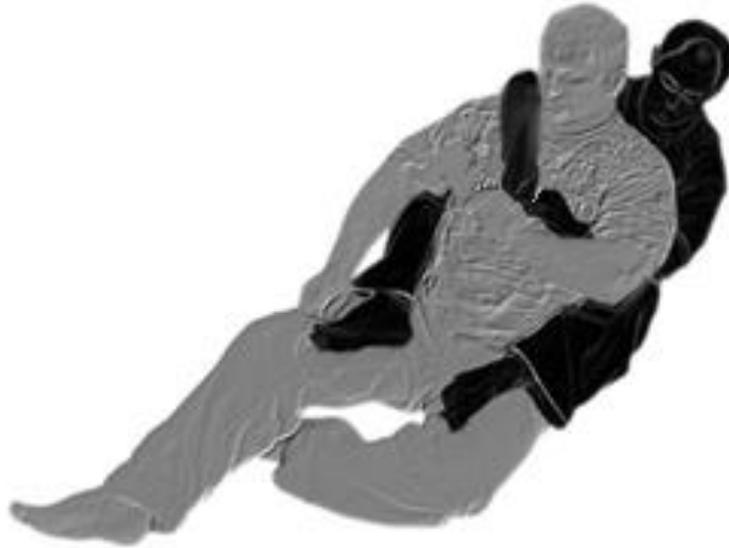
Guard: When one person is on their back and has their legs between themselves and their opponent giving them the ability to manipulate their opponent with their legs. **Closed guard** is when the person has their legs wrapped around their opponent's body.



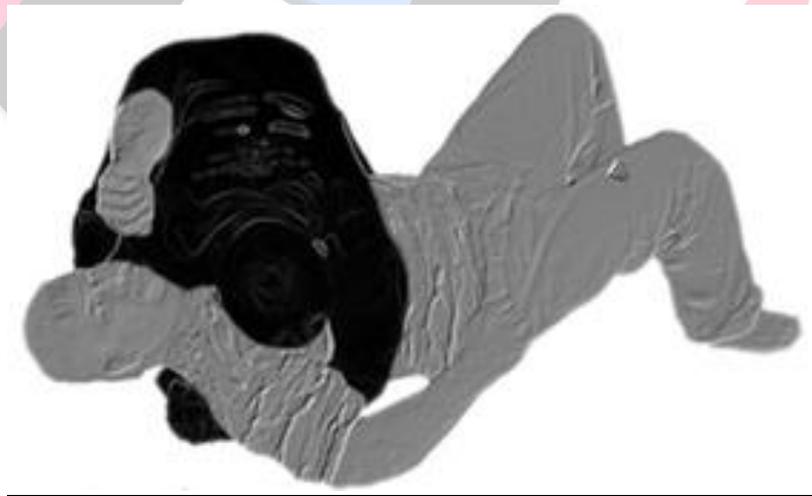
Mount: When one person is on their back and the other person is on top with the top person's legs around the bottom person's body.



Back Mount/ Back Control: When one person has their chest & Abdomen connected to the opponents back. This is typically done with the feet (“hooks”) in front of the opponent’s hips, one arm over the shoulder and one arm under the opposite arm (seatbelt), and the head held close to the opponents head.

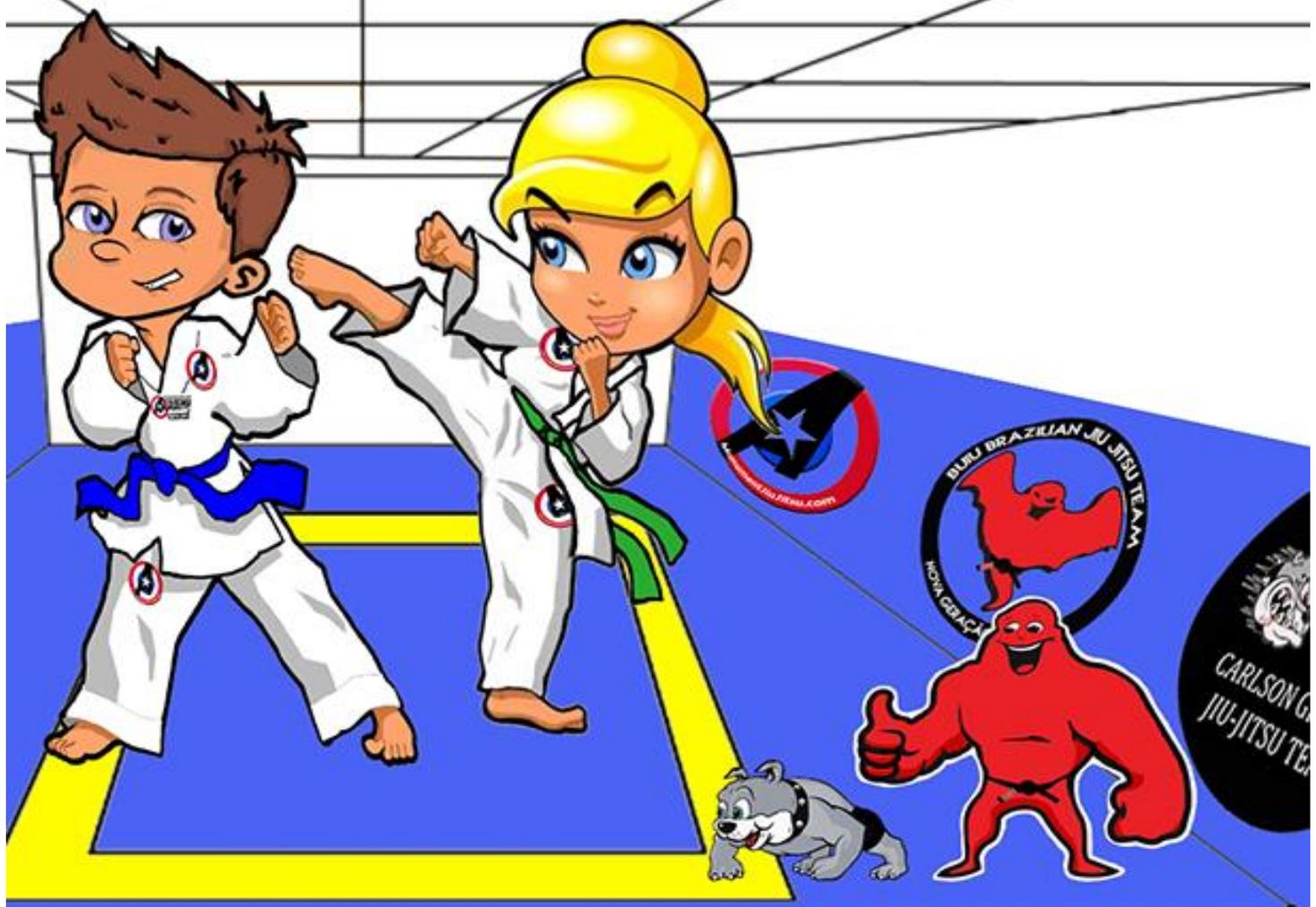


Side Control: Is a position where one person has gotten past the legs of their opponent and is pinning them chest to chest across one side. There are several variations, but the most common is one arm under the head of the opponent, and the other arm under the far armpit with the hands clasped together behind the opponent’s shoulder.



Sweep: The process of knocking your partner over from a top position to the bottom position usually with the use of the legs. ie., Going from guard to mount.

Adventures in **MARTIAL ARTS**



Official  **ACADEMY**
MARTIAL ARTS

Activity Book

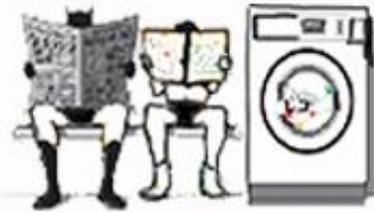
Be a Good Teammate



No Shoes
on the Mat



Maintain Good Hygiene:
Shower, Wash Hands,
& Keep Nails Short



Keep Uniform Clean



Don't Come to
Class if you are Sick

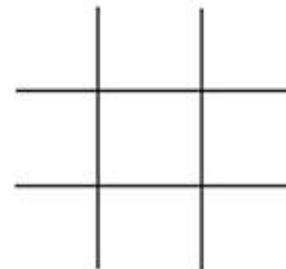
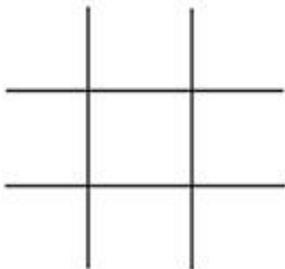
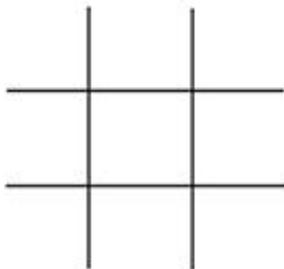
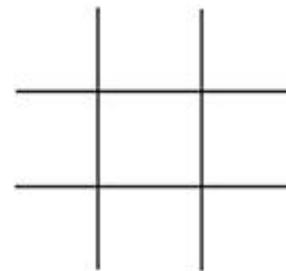
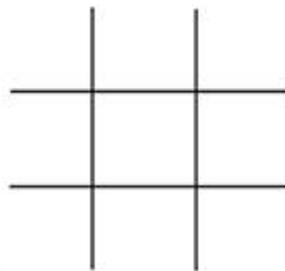
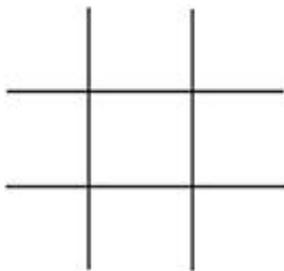


Don't Hurt Your
Teammate



No Gum or
Candy in Class

Tic-Tac-TaeKwonDo

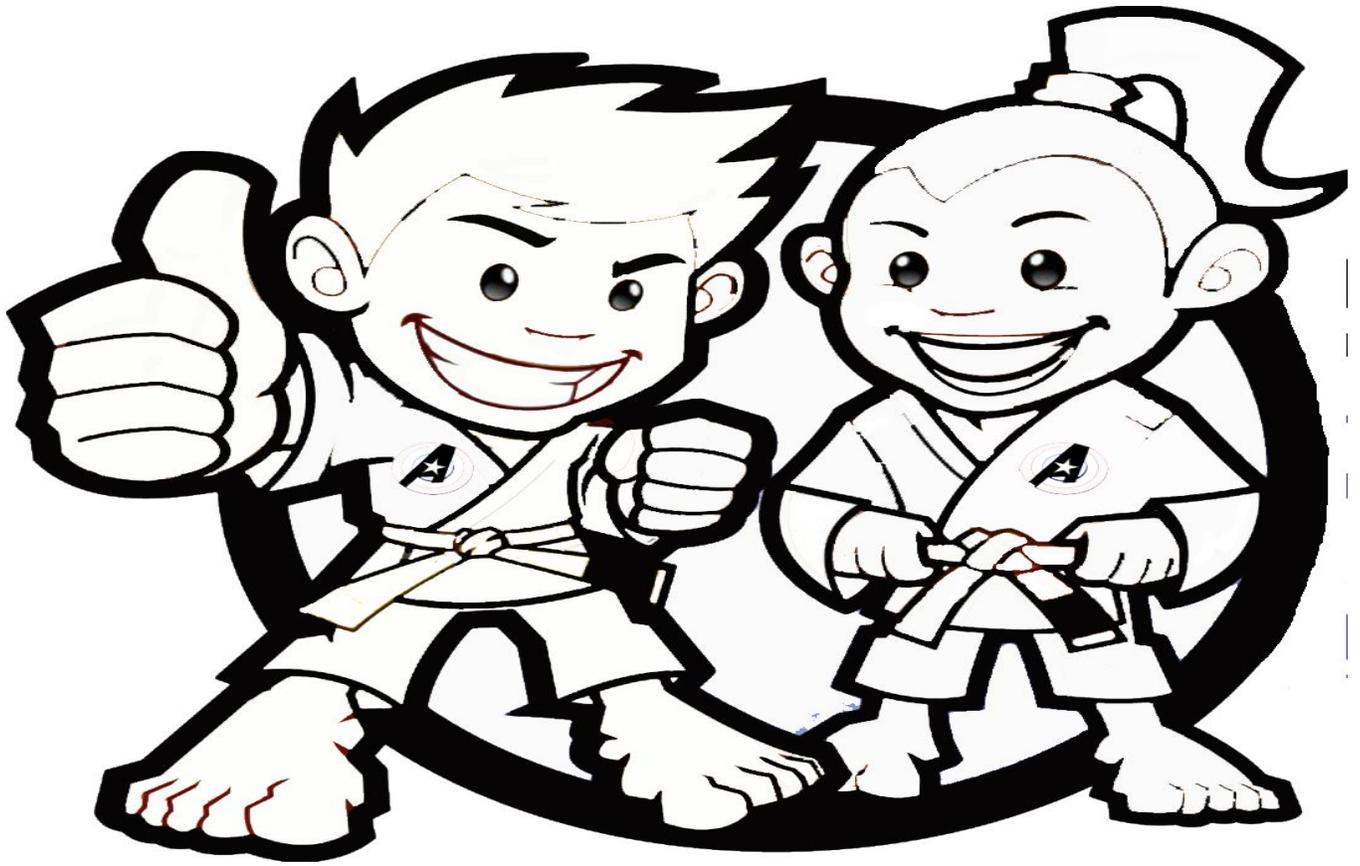


Bushido Code Word Search

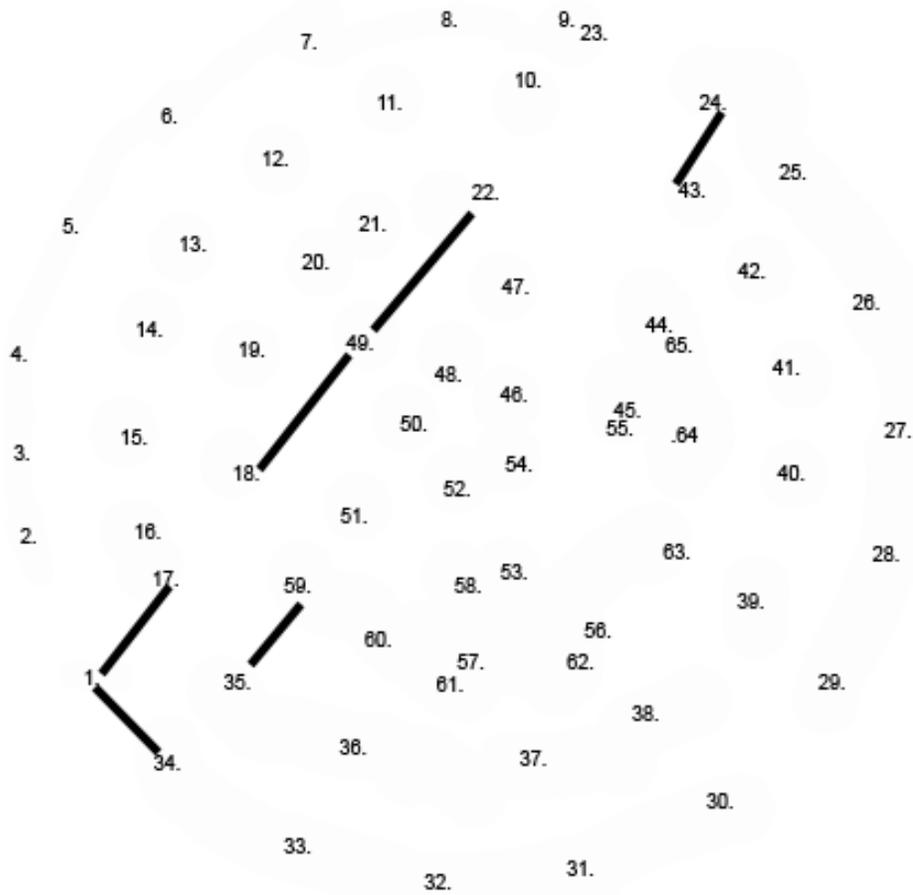
WORD LIST:

- COMPASSION
- CONFIDENCE
- COURAGE
- DUTY
- FOCUS
- HONESTY
- HONOR
- INTEGRITY
- RESPECT
- SINCERITY

M
G
O Z T
S U J
T B W
L N I F A
R H N O Y
A C T N U
A A O E N A Q
H F U G C W X
F M R R O W P
Y E Q W B Z C M S Y G P G A I N S C L S E Q E H N N V G X
R A E D R W H J O J S Z G T F H L U R B W Q D B W H L
P I U R E Y O F O K E Y I I T H S X K M E P D
X C T J R E S P E C T D J H O P T Q T D O
U D Y N L W S X W J E Z J V H F I B Q
T X H K J M F T N S U P D N Z
U U O X O B U C S O R N D
I J N E F V E M E B E
E H Z Z B B D I P L S
S I N C E R I T Y U T
Q H F G W C U G R N B Y Y
S G D C O M P A S S I O N
O Q M K B F X Z K F M H
B K I A R Q H O N O R B
Q Y H X H Q L M C E
S T U J G U
S V C O H S
X D Z K
U H



Connect The Dots



Draw a picture of yourself as a Black Belt

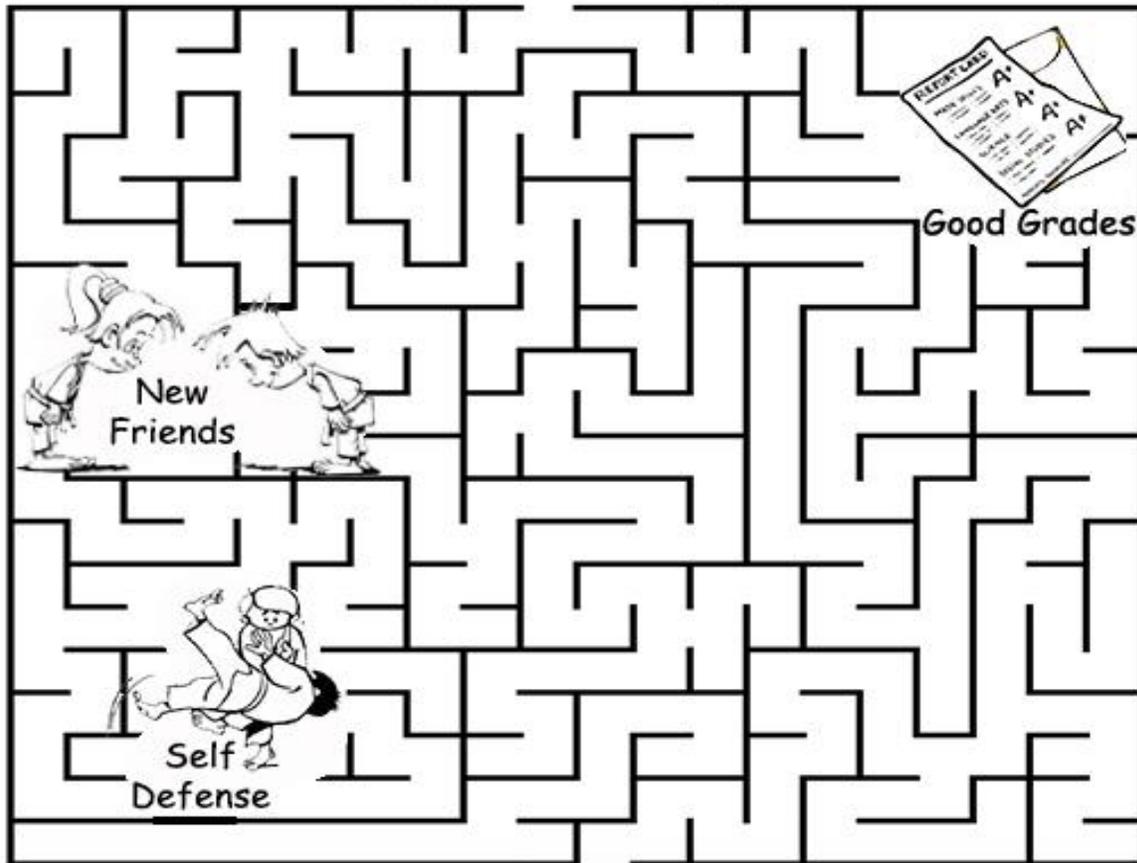
GRIT: Don't Quit

There will be a lot of things that block your path and try to get you to stop... but just don't quit.

You will see many positive changes in your journey to Black Belt.



Start->



Good Grades

New Friends

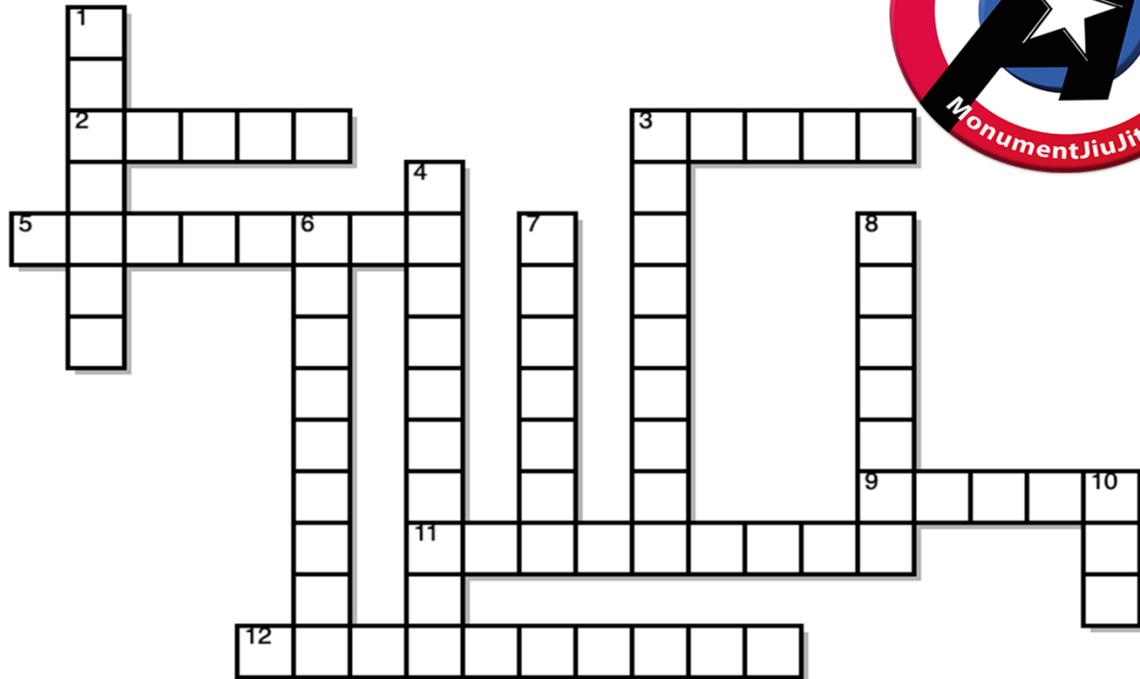
Self Defense

Finish->



Black Belt

Martial Arts crossword puzzle



ACROSS

- 2 Knocking someone over that is in your guard
- 3 When you are on your back and have your legs wrapped around your opponent body
- 5 Brazilian Martial Art known for grappling
- 9 When you are sitting on top of your opponents body
- 11 To do the right thing even when no one is looking
- 12 A kick done by rotating your body and hitting with your instep or shin

DOWN

- 1 The warrior code of conduct of the samurai
- 3 Fighting for a dominant position while on the ground
- 4 Getting your opponent to give up
- 6 Korean Martial Art known for kicking
- 7 Treating people the way that you want to be treated
- 8 Place to learn martial arts (school, dojo, gym, dojang)
- 10 How to let your opponent know that you give up

Bushido (Warrior's) Code

unscramble the words below

1. nytetlrig

2. tsceRpe

3. ocHeir roCaeug

4. rHnoo

5. mnCosaosip

6. stHoeyn

7. utyD

8. aLtyoyl



What is Brazilian Jiu-Jitsu?

Brazilian Jiu-Jitsu is a martial art and sport that teaches a smaller person how to defend him or herself against a larger attacker by using leverage and proper technique. It is a system that often focuses on taking the opponent to the ground to control and submit them using grappling skills. Jiu-Jitsu allows for a person in what was once thought of as a vulnerable position to actually control and subdue an attacker.



What is Taekwondo

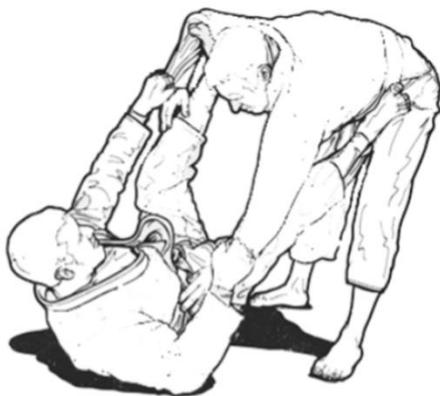
Taekwondo is an Olympic Sport and method of self-defense that emphasizes stylized kicking techniques. TaeKwonDo is a traditional Korean martial art that translates to "The Way of the Hand and Foot".



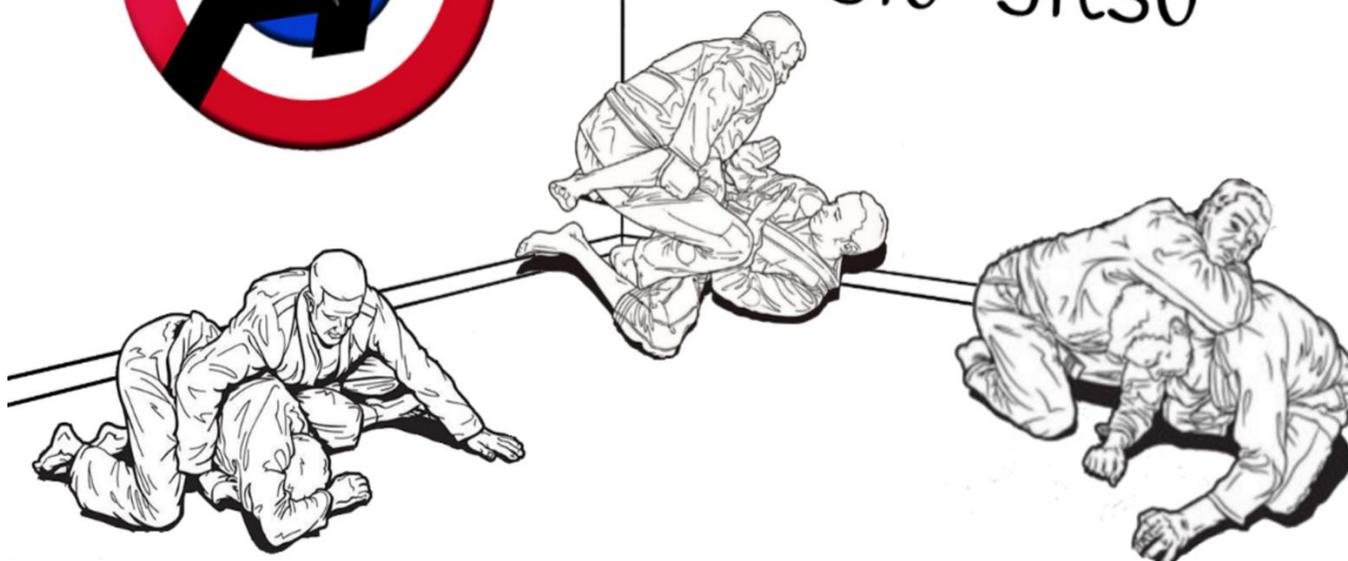
Fun Workout
Relieve Stress
Make New Friends
Learn Self-Defense



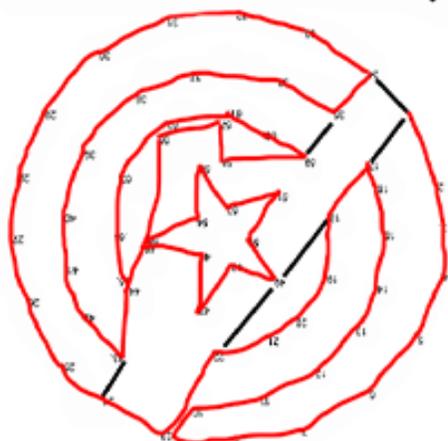
MonumentJiuJitsu.com



Monument
Jiu-Jitsu



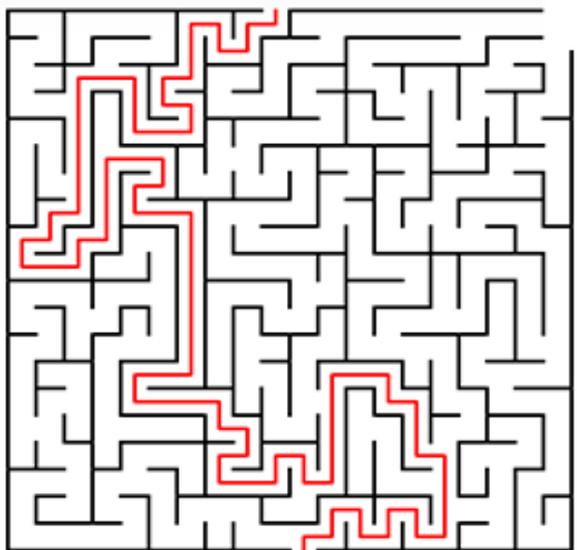
Answer Key



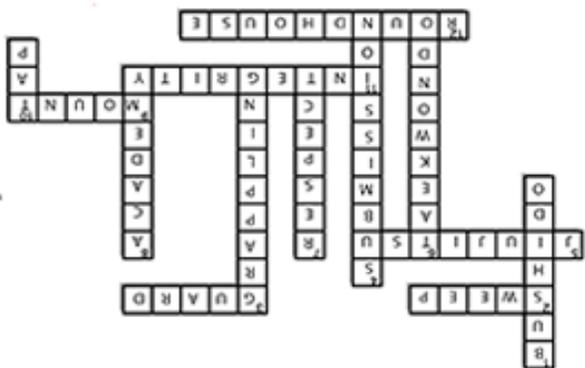
Connect The Dots

- | | |
|-------------------|----------------|
| 1. nyetngi | Integrity |
| 2. trsepe | Respect |
| 3. ocherr roCaeng | Heroic Courage |
| 4. rhnoo | Honor |
| 5. mncosaisp | Compassion |
| 6. sthoeyn | Honesty |
| 7. tyd | Duty |

Bushido (Warrior's) Code
unscramble the words below



- | | |
|--------|--|
| ACROSS | 2 Knocking someone over that is in your guard |
| 3 | When you are on your back and have your legs wrapped around your opponent body |
| 5 | Brazilian Martial Art known for grappling |
| 9 | When you are sitting on top of your opponents body |
| 11 | To do the right thing even when no one is looking |
| 12 | A kick done by rotating your body and hitting with your instep or shin |
| DOWN | 1 The warrior code of conduct |
| 3 | Fighting for a dominant position while on the ground |
| 4 | Getting your opponent to give up |
| 6 | Korean Martial Art known for kicking |
| 7 | Treating people the way that you want to be treated |
| 8 | Place to learn martial arts (school, dojo, gym, dojang) |
| 10 | How to let your opponent know that you give up |



Martial Arts crossword puzzle

