

# 10 THINGS TO KNOW BEFORE YOU START BJJ



1

## DO YOU NEED TO BE IN SHAPE?

- No. Even triathletes can struggle with BJJ cardio. The only way to get into BJJ shape is to do BJJ. No matter what fitness level you're at now, you can start where you are and work your way up

2

## MY KID ISN'T ATHLETIC AT ALL, WILL THEY BE OK?

- Yes. We make sure that the kids are safe and learn at a beginner's pace to build their endurance and confidence.

3

## I'M AFRAID TO GET HURT BECAUSE I'M SMALL. WHAT REASSURANCES CAN YOU GIVE ME?

- BJJ is made for a small person to be able to defend themselves against a bigger opponent. We will partner you with a like-sized partner or a higher rank to ensure your safety. Also, the head instructor here is a small female :)

4

## I HAVE LOTS OF OLD INJURIES, CAN I STILL DO BJJ?

- Yes, just make sure to let your instructor know so they can modify moves for you.

5

## IS BJJ ACTUALLY EFFECTIVE FOR SELF DEFENSE?

- As long as you stick with it, yes. The importance is sticking with it and making moves become muscle memory. The other part is the confidence you will gain in being able to handle difficult situations.

6

## ARE BJJ AND KARATE THE SAME THING?

- No. BJJ is a type of martial arts that incorporates Judo throws and wrestling takedowns but is mainly about defending yourself once you are on the ground. There are no strikes, only holds and submissions (based on rank). Karate is standing and includes kicks and punches.

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## IS THERE A UNIFORM OR WHAT DO I NEED TO WEAR?

- We wear a gi (uniform) during fundamental and gi class. We wear nogi (meaning no uniform, athletic clothing) during nogi class. For your first class, you'll wear athletic clothing and we will have a fresh, clean uniform available for you to borrow for the session.

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## HOW OFTEN DO I NEED TO TRAIN? WILL I STILL PROGRESS IF I CAN ONLY DO 1-2 CLASSES A WEEK?

- A commitment of 2-3 classes per week is the ideal commitment. You can still progress with less, it will just take longer because there are a number of classes required to rank up and repetition creates progress.

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## IS IT A FULL CONTACT SPORT?

- Yes. BJJ has to be done with a partner and is full contact. However, there are no strikes and will be taught in a manner to learn without getting injured.

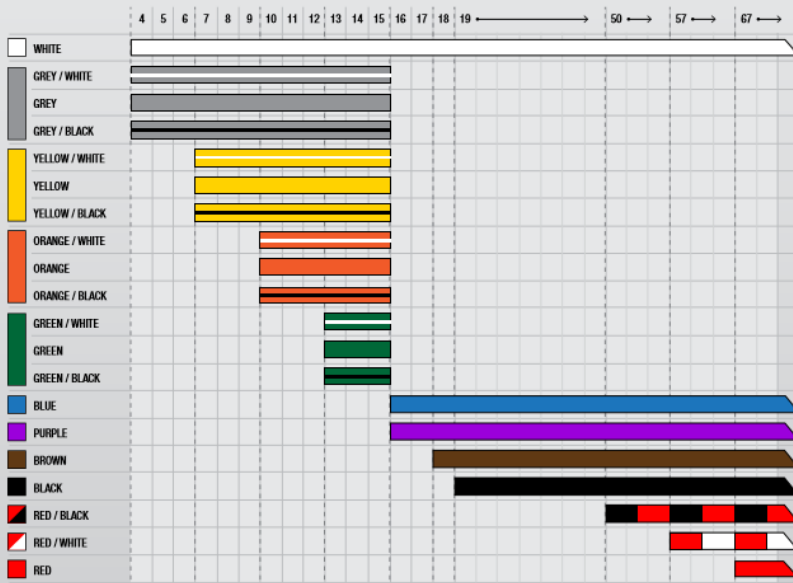
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## WHAT IS THE BELT SYSTEM & HOW ARE BELTS EARNED?

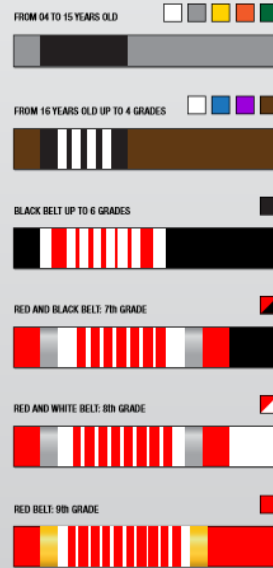
- Adults and kids have a different ranking system. Earning the stripes (degrees) and belts differ at each gym. At our gym, the requirements are posted on the wall (see next page for the belt system).

# IBJJF GRADUATION SYSTEM

## MINIMUM AGE REQUIREMENTS AND HIERARCHY



## CONFIGURATION OF DEGREES AND DIMENSIONS



**HOW TO CALCULATE THE AGE OF THE ATHLETE:**  
CURRENT YEAR - BIRTH YEAR = AGE OF THE ATHLETE

### OBSERVATIONS:

The minimum periods shall be counted from the day of registration of the athlete in the IBJJF system in each belt category.

The time it takes for the athlete to graduate from white belt to black belt is up to the athlete's professor. However, the IBJJF requires a mandatory minimum amount of time the athlete must spend at each belt level.

After a black belt graduation the practitioner must meet the mandatory minimum time requirements to add degrees and be promoted to red and black belt, red and white belt, and red belt.

### PRACTITIONERS BETWEEN 16 AND 17 YRS OLD\*



\*The periods mentioned are not fixed, but demanded minimums. Each professor determines how long each practitioner should remain in each belt.

## MINIMUM WAIT PERIOD



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[WWW.IBJJF.ORG](http://WWW.IBJJF.ORG)

We hope this has been helpful and answered any questions you had about BJJ. We understand it can be intimidating to try a new activity or sport of any kind so, if you have any questions that weren't covered in this list, feel free to reach out. Our team is always happy to share more and help you feel as comfortable as possible with starting your BJJ journey.

If you're interested in trying BJJ and are ready to take the first step, sign up today for our FREE CLASS offer and get started.

*Scan me to register for free class*

