

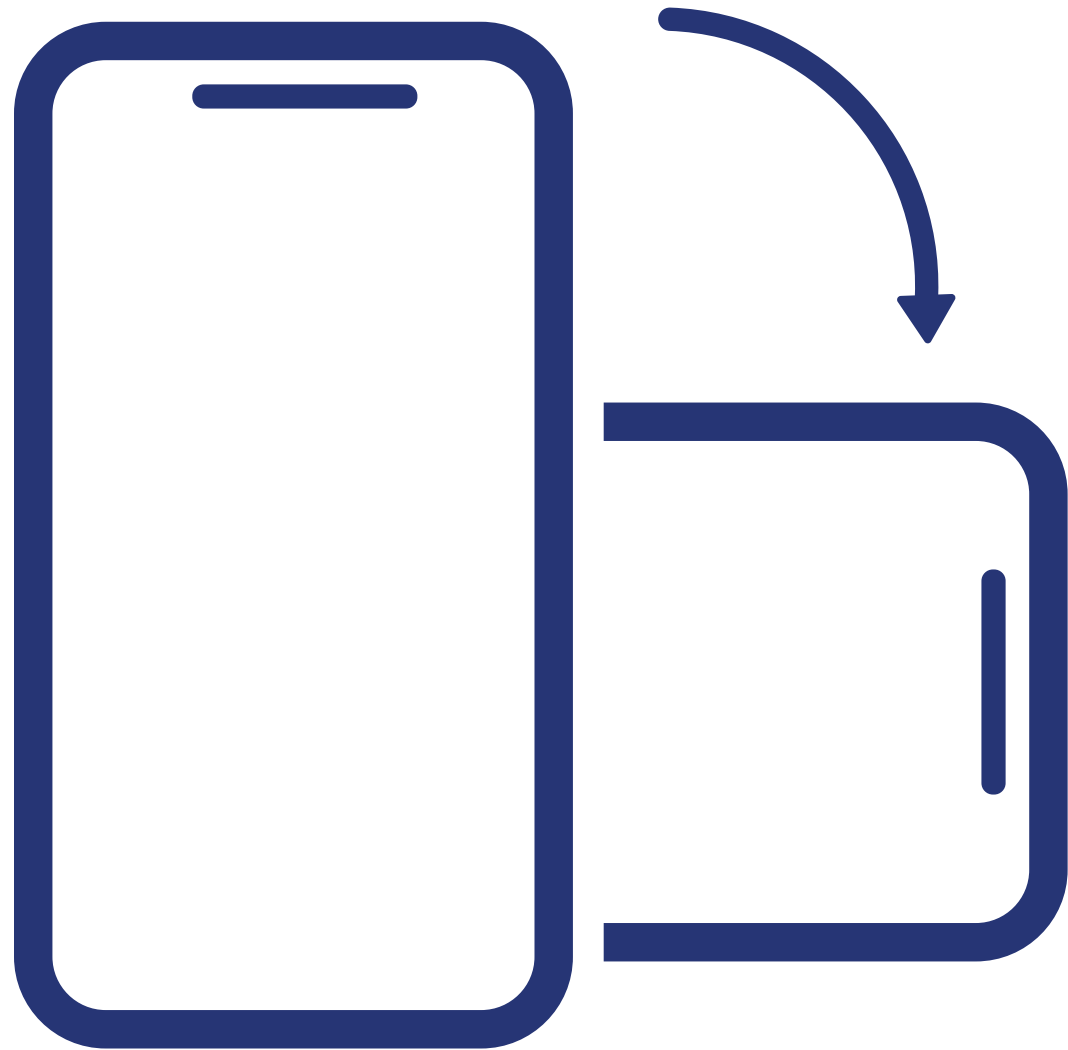
THE COMPLETE GUIDE TO GETTING  
STARTED WITH

# BRAZILIAN JIU-JITSU



BY ALEX MORTON





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# CONTENTS

1. A Quick Message from Alex
2. What is Brazilian Jiu Jitsu?
3. The 5 C's: Is Our Gym Right For You?
4. What is a Certified Gracie Jiu Jitsu Training Centre?
5. Introduction to Gracie Combatives - Beginner Program
6. How does Gracie Combatives work? 3 Steps to Street Readiness
7. Gracie Combatives Individual Class Structure
8. Class Times and Memberships
9. FAQ's
10. How to Get Started

# A QUICK MESSAGE FROM ALEX



I believe that confident, capable and compassionate people are a positive thing for society and that if everyone knew Gracie Jiu Jitsu the world would be a better place!

Me and my team have helped hundreds if not thousands people build new levels of self-confidence and pride by developing these 3 areas:

### **1) SELF DEFENCE**

Learning a proven system of self-defence that provides a sense of power whilst promoting compassion and humility.

### **2) HEALTH**

Getting in the best shape of your life both physically and mentally.

### **3) COMMUNITY**

Surrounding yourself with a community of people that motivate, inspire and support you.





# WHAT IS BRAZILIAN JIU JITSU?

Brazilian Jiu-Jitsu (BJJ) is renowned as one of the most effective and comprehensive martial arts for **enabling a weaker person to defend themselves against a stronger aggressor.**

It is predominantly a grappling-based discipline, utilising principles of leverage, angles, pressure, and timing, along with an understanding of human anatomy, to achieve various objectives. **These objectives can range from gaining dominant control and forcing submission to simply escaping a threatening situation.**

Unlike other martial arts that primarily focus on strikes and kicks, BJJ specialises in close-contact grappling holds and techniques. This includes the application of chokes and joint manipulations, making it a **highly strategic and effective form of self-defence.**





**THE 5C'S  
IS OUR GYM RIGHT  
FOR YOU?**





## **1. CLEANLINESS**

How clean is the school? How often do they clean the mats? Are students required to clean their gis after every class?

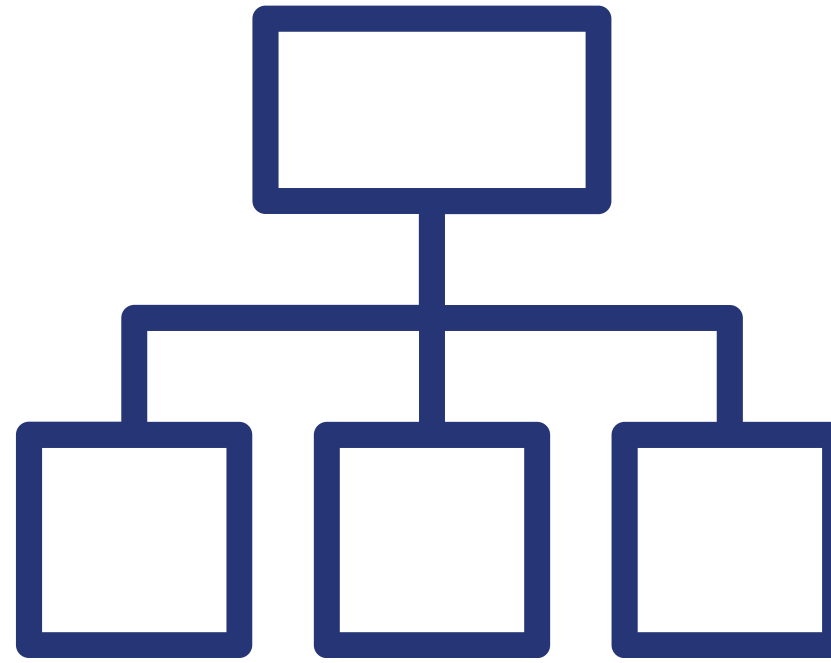
*For example: Our facility is cleaned daily and mats are cleaned before and after classes every evening. Every student must wash their training gear after every class - which is one of the reasons we have white Gi's, you can tell when someone hasn't washed it!*



## **2. CURRICULUM**

Does the school practice jiu-jitsu for self-defence or sport? What is your training objective, and is the school capable of meeting those objectives? How can you be certain if a school teaches what they promise?

*For example: We're very clear that the first 12 months of someones training is specifically designed to help someone in a self-defence scenario. We including defence against strikes, headlocks and other common threats before practising the sport.*



### **3. CLASS STRUCTURE**

Do they have a standalone beginner program? Do they throw the newbies in the advanced students? Do they have a set curriculum with established advancement/promotion requirements?

*For example: Gracie Combatives is designed for our beginners with no previous experience. You know exactly what you have learned, what is required of you and exactly which classes are coming up next. This level of structure and clarity continues in the advanced classes.*



#### **4. CULTURE**

Are the students working together to help one another grow? Or, are students training without consideration for one another's safety? Does the school encourage the "jiu-jitsu sprint" of 2 years, or the "jiu-jitsu marathon" of 20 years?

*For example: Safety is the number one concern in our classes. Anyone who doesn't respect this is not welcome! Beyond self-defence, we understand most of our members don't plan on becoming a UFC world champion, so the focus is on the positive lifestyle that BJJ can bring.*



## **5. COACH QUALIFICATIONS**

Just because a coach/instructor is a black belt or a world champion doesn't mean they can teach! What teaching qualifications do they have? Are they trained in first aid? How well can they share the knowledge with others?

*For example: We are proud to say that all of our instructors have undergone intensive instructor training from Ryron and Rener Gracie, regarded as two of the best instructors in the world. We are all trained in first aid, DBS checked and truly care for our members!*



# GRACIE JIU JITSU®

**CERTIFIED TRAINING CENTRE (CTC)**

Gracie Jiu-Jitsu® Tameside is one of over 200 authorised to teach the official Jiu Jitsu programs developed by Ryron and Rener Gracie at the Gracie University® in California. The success of your jiu-jitsu journey will rely heavily on the culture of the school you attend and instructional methods utilised by your teachers. We are very proud to have undergone extensive training directly under the Gracie Family (the family responsible for the creation and growth of BJJ) to ensure that you are provided with the best possible learning environment on your path to achieving results on the mat and in life.

LEARN THE BASICS OF JIU JITSU WITH

# ROGER GRACIE'S COMBATIVES®

THE FASTEST WAY TO STREET READINESS

OUR ENTRY LEVEL JIU JITSU COURSE FOR ADULTS WITH  
NO PREVIOUS EXPERIENCE

## 36 ESSENTIAL TECHNIQUES

Regardless of your age or physical ability, the goal in Gracie Combatives is to teach you **how to effectively apply Jiu Jitsu against someone with no real grappling knowledge** but may be larger and stronger than you **in the least amount of time possible.**

Even though Jiu Jitsu consists of over 600 techniques, studies of Gracie challenge matches and the early UFC's show that the same **36 techniques have been used more often and with greater success than all the others combined.**

Gracie Combatives is dedicated to **teaching you these 36 techniques in a safe, structured and co-operative environment** with other beginners at the same stage.







Ian Marshall


 3 reviews



### Fun, confidence building, exciting

I have been attending GJJ classes for a few years and loved every minute. You could not ask to meet a group of people who are more welcoming, helpful, friendly and as far from violent as you can get. GJJ is not only about learning about a martial art which is primarily about self-defence, but also a journey through life. You have a clearer head after each class and you feel like you have achieved something, which gives you a buzz every time. Head instructor Alex along with James are passionate about GJJ, and this comes through in the classes and the way they teach. GJJ caters for all, regardless of gender, age or strength. If there is only one thing you do in 2020 try GJJ and start your own journey to a happier and more fulfilled life.

**GRAACIE**  
**COMBATIVES**<sup>®</sup>



# HOW DOES GRACIE COMBATIVES® WORK?

1

The 36 techniques are split into 23 rotational classes that can be completed in any order and without previous experience so you can start anytime. Safety is the number one concern, there is **no sparring** at this stage.

2

Once you have been through the 23 classes twice you will start to link all these techniques together and pressure test everything with additional Reflex Development classes.

3

When we believe that you could effectively apply your Jiu Jitsu, under pressure, against a larger, stronger and more aggressive opponent, you will transition to the advanced Master Cycle classes.

# GRACIE COMBATIVES®

## INDIVIDUAL CLASS STRUCTURE

### **PART 1: WARM UP**

You'll start the class with some basic Jiu Jitsu movements to warm up and prepare for the days class.



### **PART 2: STANDING MOVE**

You'll then practice the standing technique of the day with a cooperative partner focusing on the details, not fighting each other.

### **PART 3: GROUND MOVE**

You'll then learn one of the many ground techniques from escapes to controls and submissions.



### **PART 4: COMBO**

Time permitting, we like to combine the techniques of the day so you can see how they begin fitting together.



23 Classes	36 Essential Techniques
1	<b>Trap &amp; Roll Escape - Mount</b> Leg Hook Takedown
2	<b>Americana Armlock - Mount</b> Clinch (Aggressive Opponent)
3	<b>Positional Control - Mount</b> Body Fold Takedown
4	<b>Take the Back + Rear Naked Choke - Mount</b> Clinch (Conservative Opponent)
5	<b>Punch Block Series (Stages 1-4) - Guard</b> Guillotine Choke (Standing)
6	<b>Armbar - Mount</b> Guillotine Defense
7	<b>Triangle Choke - Guard</b> Haymaker Punch Defense
8	<b>Elevator Sweep - Guard</b> Rear Takedown
9	<b>Elbow Escape - Mount</b> Pull Guard
10	<b>Positional Control - Side Mount</b> Double Leg Takedown (Aggressive Opponent)
11	<b>Headlock Counters - Mount</b> Standing Headlock Defense
12	<b>Headlock Escape 1 - Side Mount</b> Standing Armbar
13	<b>Armbar - Guard</b> Clinch (Aggressive Opponent)
14	<b>Double Ankle Sweep - Guard</b> Guillotine Choke (Guard Pull Variation)
15	<b>Headlock Escape 2 - Side Mount</b> Clinch (Conservative Opponent)
16	<b>Shrimp Escape - Side Mount</b> Body Fold Takedown
17	<b>Kimura Armlock - Guard</b> Leg Hook Takedown
18	<b>Punch Block Series (Stage 5) - Guard</b> Haymaker Punch Defense
19	<b>Hook Sweep - Guard</b> Guillotine Defense
20	<b>Take the Back - Guard</b> Standing Headlock Defense
21	<b>Elbow Escape - Side Mount</b> Pull Guard
22	<b>Twisting Arm Control - Mount</b> Rear Takedown
23	<b>Double Underhook Pass - Guard</b> Double Leg Takedown (Conservative Opponent)

We issue a monthly calendar, so **students know exactly what they will learn** before they come to class.

Every student is issued an attendance card on which we track daily progress, so they can see **how much they've accomplished and exactly what it will take to move on to the next level.**

In a martial art where confusion and frustration are extremely common, we've gone to great lengths to ensure that you will **enjoy the highly-structured and encouraging approach** only found at Certified Gracie Jiu-Jitsu Training Centres.

# CONTINUE YOUR JOURNEY WITH THE MASTER CYCLE®

Beyond Gracie Combatives, the sport of Jiu Jitsu consists of hundreds of advanced techniques that have been organised into a clearly defined, systematic curriculum called the Master Cycle. Our unique structure simplifies the journey to mastery by organising all of BJJ into into seven positional chapters, each of which is studied for several months before moving on to the next chapter. The Master Cycle features a **variety of sparring including Gi, No-Gi and sparring with gloves on**, with safety being the number one concern at all times!





Chris

 2 reviews



### Better life, happy life

Nearly 12 months ago, I made a phone call to Gracie Jiu Jitsu in tameside. I haven't regretted it one bit. You are welcomed with a smile and a happy 'hello' everyday. Age colour gender religion does not matter, it feels like a 2nd family and we all have the same focus. Instructions are clear and well demonstrated, help is never more than an arms length away.

For anyone thinking of joining, it will be one of the best decisions you can make.

My life is much better, my physical and mental health have improved. I'll be taking my daughter to the kids classes when she gets older too. I cant thank Alex and James enough for the time they've shared and the knowledge passed on.

**GRACIE  
COMBATIVES**

# GRACIE COMBATIVES®

## CLASS TIMES AND MEMBERSHIPS

Our primary beginner classes run Monday to Thursday evening with optional training opportunities at the weekend in the future:

**Monday at 20:00**

**Tuesday at 18:15**

**Wednesday at 19:45**

**Thursday at 18:15**

**Our memberships start at just £45 per month** progressing to £80+ per month. We don't use long term contracts and offer lots of flexibility. We'll give you a membership pack with more details to take home on your first class.

- ✔ You do not need to attend the same days every week, you have a monthly allowance so you can train when it suits you whilst working at your own pace
- ✔ All memberships include access to [www.GracieUniversity.com](http://www.GracieUniversity.com) so you can study your curriculum 24/7
- ✔ When you're a member at one CTC, you're a member at all CTC's. If you travel to another location, you can train for free and any classes you take will be credited on your attendance card.

## **DO YOU NEED TO BE IN SHAPE?**

No, we love you exactly how you are. You don't get in shape to learn jiu-jitsu, you do jiu-jitsu to get in shape!

## **WILL YOU GET INJURED OR FEEL EMBARRASSED?**

No! If you get injured or embarrassed you won't come back. Everything about our beginner programs was specifically designed to make the classes as safe and encouraging for new students as possible.

## **FEEL LIKE YOU'RE TOO OLD?**

We have members in their 50s and 60's that would say otherwise. The bulk of our members are between 30 and 55. At the end of the day, if you don't use it, you lose it!

**Got another question? Call us on 0161 527 1193.**



## **IS GRACIE COMBATIVES FOR WOMEN AS WELL?**

Yes! There is no barrier between men and women in our classes and everyone is required to treat each other respectfully. We have plenty of women that have completed Gracie Combatives.

## **WHAT IF YOU HAVE NO PREVIOUS EXPERIENCE?**

No problem! Our beginner programs are specifically designed, from a structure and a safety perspective, for first-time members, which is why we have some of the most successful jiu- jitsu schools in the world.

## **WHEN IS THE BEST TIME TO START?**

We designed our classes so that you can do them in any order and we teach every class as if everyone in the room has never done it. This means that you can start anytime without feeling out of place!

**Got another question? Call us on 0161 527 1193.**

**GET STARTED WITH**

# **A FREE BEGINNER TASTER CLASS**

You can do all the research in the world but nothing will help you learn more about Jiu Jitsu and our training centre than stepping out of your comfort zone and giving it a go! We offer a free beginner taster class for all first time members - no catch, no pressure, no risk.

You can book online via the link below or if you prefer, give us a call. Once you've booked a member of the team will give you a call to explain how everything works!

**[BOOK ONLINE](#)**

or

**CALL US ON  
0161 527 1193**

**STAY CONNECTED**

# **WILL YOU FOLLOW US?**

TAP AN ICON BELOW

