



# GYM ETIQUETTE

[CrossCollarJiuJitsu.com](http://CrossCollarJiuJitsu.com)

# Welcome to the Cross Collar Jiu Jitsu Family

HERE IS SOME HELPFUL INFORMATION TO HELP YOU GET STARTED!  
CLICK ON ANY OF THE FOLLOWING TOPICS TO SEE MORE.

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# Gym Etiquette

Proper gym etiquette is an important aspect of training in any martial art, including Brazilian Jiu-Jitsu (BJJ). Here are some basic guidelines for proper Jiu-Jitsu gym etiquette:

- **Respect the instructor:** The instructor is there to teach and guide you, so it's important to show respect by paying attention, following instructions, and being respectful when asking questions.
- **Respect your training partners:** Treat your training partners with respect and avoid using excessive force or aggression during training. Remember that you are here to learn and improve, not to hurt others. If you have injuries, make sure you let your training partner know prior to training.
- **Be on time:** Try to arrive on time for classes to avoid disrupting the flow of the class and to show respect for your instructor and training partners. However, if you arrive late make sure to say hello to the Professor/Coach in charge and shake their hand upon entering the Mats.
- **Wear clean and appropriate gear:** Make sure that your gi or training gear is clean and free of any offensive or inappropriate designs. It's also important to wear appropriate clothing and gear for the specific class or training session.

- **Maintain personal hygiene:** Good personal hygiene is important for everyone's health and comfort. Make sure to shower before class, trim your nails, and avoid training if you are sick or have any type of skin infection.
- **Clean up after yourself:** After training, make sure to clean up any equipment or personal belongings that you used during class. This helps to keep the gym clean and organized for everyone.
- **Be courteous:** Always be courteous and respectful to everyone in the gym, including other students, instructors, and staff. This helps to create a positive and welcoming environment for everyone.



# BJJ Hygiene Tips

JIU JITSU IS A COMBAT SPORT THAT INVOLVES CLOSE PHYSICAL CONTACT BETWEEN PRACTITIONERS. AS A RESULT, IT'S IMPORTANT TO MAINTAIN PROPER HYGIENE TO PREVENT THE SPREAD OF GERMS AND INFECTIONS.

HERE ARE SOME COMMON HYGIENE TIPS FOR JIU JITSU:

- **Shower before and after training:** Taking a shower before training helps to remove any sweat, dirt, or bacteria on your skin. After training, showering helps to remove any sweat and bacteria that may have accumulated during training.
- **Wash your training gear:** Your training gear should be washed after each training session. This includes your gi, rash guard, and any other clothing you wear during training.
- **Trim your nails:** Long nails can cause scratches or cuts on your training partners, which can lead to infections. Keep your nails trimmed short to prevent this from happening.
- **Use antibacterial soap:** Use a soap that contains antibacterial properties to help kill any bacteria on your skin.
- **Keep your training area clean:** Make sure to clean the mats before and after training to prevent the spread of germs.
- **Don't share personal items:** Avoid sharing personal items like towels, water bottles, or other personal items with other practitioners.
- **Stay home if you're sick:** If you're feeling unwell or have any contagious illness, stay home and avoid training until you're fully recovered.



- **By following these hygiene tips, you can help to maintain a clean and healthy training environment for yourself and your training partners.**
- **We would like you to know we pride ourselves in keeping a clean and tidy facility. We mop mats after each use and clean the gym daily. If you see anything that looks out of sorts, please do not hesitate to bring it to our attention and we will take care of it immediately!**



# Parents of Jiu Jitsu Athletes

Supporting your child in Brazilian Jiu-Jitsu (BJJ) can have a positive impact on their training and overall experience. The most important thing to remember is we are here to coach your child, it's your job as the parent of a Jiu Jitsu athlete to encourage them and give them positive reinforcement.

Here are some ways you can support your child in BJJ:

- **Attend their classes:** One of the best ways to support your child in BJJ is to attend their classes and cheer them on. This shows that you are interested in their progress and helps them feel supported.
- **Encourage and praise their efforts:** BJJ can be challenging, and it's important to recognize your child's efforts and progress, regardless of their performance in a competition. Encouragement and praise can help them stay motivated and feel good about their training.
- **Provide the necessary equipment:** BJJ requires specific equipment, such as a gi (uniform) and belt. Make sure your child has the necessary equipment and that it fits properly.
- **Help them stay on track with their training:** Make sure your child attends their classes regularly and stays on track with their training. You can help by scheduling their classes around other activities and making sure they have enough time to practice outside of class.

- **Be a positive role model:** Your child looks up to you, so be a positive role model by showing an interest in their training, being supportive, and setting a good example of good sportsmanship and respect for others.
- **Communicate with their coach:** It's important to communicate with your child's coach to understand their progress and any areas where they may need extra support or guidance. This can also help you support your child more effectively.
- **Remember, the most important thing is to show your child that you are there for them and support them in their BJJ journey. Encouragement, positivity, and consistency can go a long way in helping your child succeed and enjoy their training.**





# BJJ Belts General Information Page

The belt ranking system in Brazilian Jiu Jitsu (BJJ) is a way of measuring a student's progress and technical proficiency.



# UNDERSTANDING BJJ KIDS BELT SYSTEM & KIDS PROMOTIONS

The belt ranking system for kids Brazilian Jiu-Jitsu (BJJ) is similar to the adult ranking system, but there are some differences in the way that promotions are awarded. The amount of time it takes for a kid to earn a Brazilian Jiu-Jitsu (BJJ) belt can vary depending on a number of factors, including the student's age, experience level, dedication, and the specific requirements. Here is a breakdown of the belt ranking system for kids BJJ with a general timeline for how long it may take a kid to earn each belt in BJJ:

- **White Belt:** This is the starting belt for all new students and is usually held for a few months to a year. White belts are beginners who are just starting to learn the basics of BJJ.
- **Grey Belt:** This is the first belt promotion in kids BJJ and is typically awarded to students who have been training for 6 months to 1 year of consistent training and improvement, and have demonstrated a basic understanding of BJJ techniques and principles.
- **Yellow Belt:** This is the second belt promotion in kids BJJ and is typically awarded to students who have been training for at least 3 years and have demonstrated a solid understanding of the basic BJJ techniques.
- **Orange Belt:** This is the third belt promotion in kids BJJ and is typically awarded to students who have been training for 4-5 years and have demonstrated a high level of technical proficiency.

- **Green Belt:** This is the highest belt in kids BJJ and is typically awarded to students who have been training for 6 years and have demonstrated a mastery of the fundamental BJJ techniques.

It's important to note that these timelines are only general estimates and the actual time it takes to earn each belt may vary based on the individual student and the specific requirements of their BJJ school or academy. Additionally, it's important for kids to focus on learning and improving their skills rather than solely focusing on belt promotions.

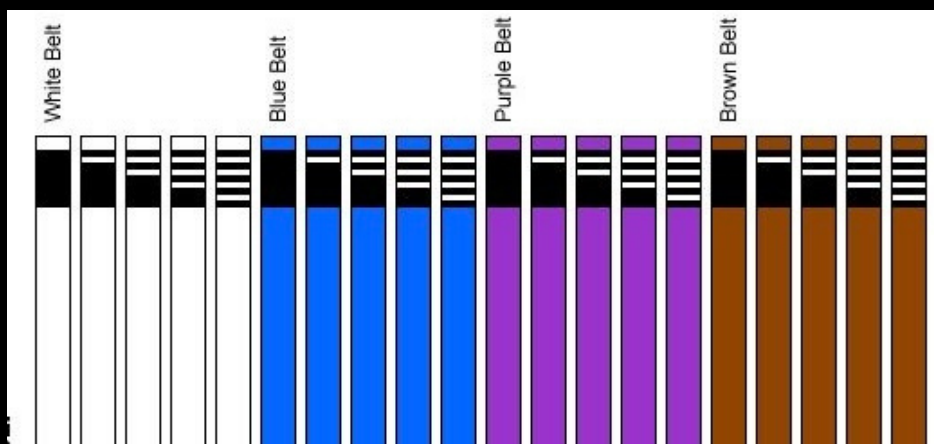


# Adults Belt System & Adults Promotions

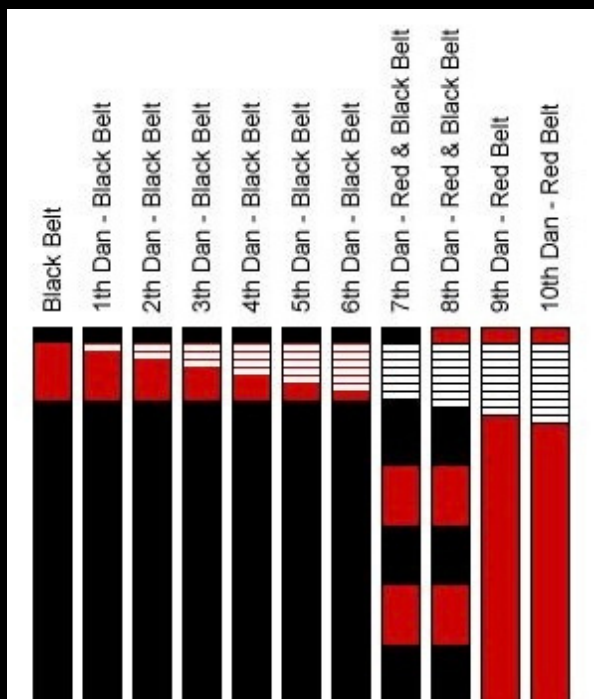
The belt system has several levels, each of which represents a different level of expertise and knowledge in the art of BJJ. In Brazilian Jiu Jitsu (BJJ), belt promotions are based on a combination of factors, including technical proficiency, competition results, and time spent training. The time it takes to earn a belt can vary depending on the individual, their level of commitment, and the requirements of their academy. Here is a breakdown of the belt ranking system and some general guidelines for belt promotions in BJJ:



- **White Belt:** This is the starting belt for all new students. White belts are beginners who are just starting to learn the basics of BJJ. Most people spend around 1-3 years as a white belt before being promoted to blue belt.
- **Blue Belt:** This is the second belt in BJJ and is awarded to students who have developed a basic understanding of the fundamental techniques and principles of BJJ. Most people spend around 2-4 years as a blue belt before being promoted to purple belt.
- **Purple Belt:** This is the third belt in BJJ and is awarded to students who have achieved a high level of technical proficiency and are considered to be intermediate-level students. These students have a solid understanding of the techniques and principles of BJJ and are beginning to develop their own style/ game. Most people spend around 2-3 years as a purple belt before being promoted to brown belt.



- **Brown Belt:** This is the fourth belt in BJJ and is awarded to students who have achieved a mastery of the fundamental techniques and principles of BJJ. They have a high level of technical proficiency and are considered to be experts in their own style and game. Most people spend around 1-2 years as a brown belt before being promoted to black belt.
- **Black Belt:** This is the highest belt in BJJ and is awarded to students who have achieved a mastery of all aspects of BJJ including its techniques and principles and have made significant contributions to the art. The time it takes to earn a black belt can vary widely, with some people earning it in as little as 8-10 years and others taking 15 or more years.





**In addition to the standard belt rankings, some BJJ schools also use stripes as a way of recognizing a student's progress between belt promotions. Stripes are typically awarded for technical proficiency and mat time, and a student must earn a certain number of stripes before being eligible for promotion to the next belt level. It's important to remember that belt promotions in BJJ are not automatic and are based on a combination of factors. Ultimately, the time it takes to earn a belt will depend on your own individual progress, your commitment to training, and the standards and requirements of your academy.**



# I don't know what I'm doing. HELP!

STARTING ANYTHING NEW CAN BE OVERWHELMING, AND IT'S NORMAL TO FEEL LIKE YOU DON'T KNOW WHAT TO DO WHEN YOU'RE FIRST STARTING JIU JITSU. HERE ARE A FEW TIPS TO HELP YOU GET STARTED:

- **Communicate with your instructor:** Let your instructor know that you're new and feeling a bit lost. They will likely take the time to show you the basics and help you understand the fundamentals of Jiu Jitsu.
- **Observe and ask questions:** Watch other students in class and try to pick up on what they're doing. Don't be afraid to ask questions, either of your instructor or your fellow students. They'll likely be happy to help you out.
- **Practice the basics:** Start by focusing on the fundamentals of Jiu Jitsu, such as the basic positions and movements. These are the building blocks of the more advanced techniques you'll learn later on.
- **Set realistic expectations:** Understand that it's okay to make mistakes and that progress takes time. Jiu Jitsu is a challenging sport that requires dedication and practice, so don't expect to be a pro overnight.

- **Focus on the process:** Instead of worrying about the end result, focus on the process of learning and improving. Celebrate small victories along the way, like mastering a new technique or making it through a tough training session.
- **Be patient:** Jiu Jitsu is a complex and challenging sport that takes time and practice to master. Don't get discouraged if you don't get it right away. Keep practicing, and you'll eventually see progress.
- **Keep a positive mindset:** Try to maintain a positive attitude and avoid getting discouraged by setbacks. Jiu Jitsu is a journey, and there will be ups and downs along the way.
- **Remind yourself why you started:** When you're feeling nervous or overwhelmed, take a moment to remind yourself why you started Jiu Jitsu in the first place. Whether it's to improve your health or learn a new skill, keeping your reasons in mind can help you stay motivated.



**TAKE IT ONE CLASS AT A TIME: INSTEAD OF WORRYING ABOUT THE LONG-TERM, FOCUS ON THE PRESENT MOMENT AND TAKE IT ONE CLASS AT A TIME. EACH CLASS IS AN OPPORTUNITY TO LEARN SOMETHING NEW AND IMPROVE YOUR SKILLS.TEXT**

# Quick Q&A for Commonly Asked Questions

Here are some commonly asked questions with answers by Jiu Jitsu beginners:

- **What should I wear to my first Jiu Jitsu class?** Athletic shorts and shirt. We have loaner Gi's for you to borrow if you do not have one yet. For NoGi BJJ classes, tight fitting clothes work best.
- **Do I need to have any prior martial arts experience to start training in Jiu Jitsu?** No prior experience is necessary to start BJJ classes!
- **What should I expect in my first Jiu Jitsu class?** Normal classes will consist of a short stretch and/or warm up drilling common BJJ movements, followed by the technique of the night where the Professor will teach and you will drill the move as many times as you can for a specified amount of time, and finally ending class with sparring/rolling (live action training).
- **How often should I train Jiu Jitsu?** You should train as often as your schedule allows, we have members that train 1 to 7 days a week. It truly depends on your goals for BJJ and how quickly you want to advance. The more experience you gain through mat time, the better your technique will be.
- **Is Jiu Jitsu a good workout?** Jiu Jitsu is a great physical workout, and since it requires absolute focus it's actually a great mental break too!

- What are some basic techniques that I should learn as a beginner? Learning will be different for each person depending on their specific goals, but learning basic positions and common language will help you learn at a faster pace.
- How long does it take to earn a Jiu Jitsu belt? This is not an easy question to answer as each person's BJJ Journey is different, however you will find more information about this question on the BJJ Belts Page of this packet.
- How do I know if I'm progressing in Jiu Jitsu? You will see small victories on and off of the mat almost immediately.
- How can I improve my Jiu Jitsu skills outside of class? Drilling at Open Mats, Private Lessons, and Journaling can all help you learn BJJ outside of class.
- How do I prevent injuries while training in Jiu Jitsu? Lifting weights a minimum of once per week and stretching daily will go a long way for injury prevention.

These are just a few examples, but there are many other questions that beginners may have as they begin their Jiu Jitsu journey. It's important to ask questions and seek guidance from your instructors and fellow practitioners to help you improve and succeed in Jiu Jitsu.

# Basic BJJ Positions

There are several basic positions in Brazilian Jiu Jitsu (BJJ), each with its own set of techniques and strategies. Here are some of the most common positions:

- **Guard**: This is when you are on your back and your legs are wrapped around your opponent's waist, hips or thighs. The guard position allows you to control your opponent's movements and attack with submissions or sweeps.
- **Mount**: This is when you are on top of your opponent with your legs straddling their hips. The mount position is a dominant position that allows you to control your opponent's movements and attack with strikes, submissions, or transitions to other positions.
- **Side Control**: This is when you are perpendicular to your opponent, with your chest against their side and your legs controlling their hips. The side control position allows you to control your opponent's movements and attack with submissions or transitions to other positions.
- **Back Mount**: This is when you are behind your opponent and have your legs wrapped around their waist, with your arms controlling their shoulders or arms. The back mount position is a dominant position that allows you to control your opponent's movements and attack with chokes, submissions, or transitions to other positions.



- **North-South**: This is when you are facing your opponent's head, with your chest on their chest or abdomen. The north-south position allows you to control your opponent's movements and attack with submissions or transitions to other positions.

These are just a few of the basic positions in BJJ, and each position has its own set of techniques, strategies, and variations. As you progress in your BJJ practice, you'll learn how to transition between these positions and use them to your advantage in both self-defense and competition.



# Basic BJJ

## Attacks/Submissions

In Brazilian Jiu Jitsu (BJJ), there are many different attacks that you can use to submit or control your opponent. Here are some of the basic attacks that you'll learn as a beginner:

- **Chokes:** BJJ is known for its effective use of chokes, which are attacks that target your opponent's neck. Some of the most common chokes in BJJ include the rear naked choke, the guillotine choke, and the triangle choke.
- **Joint Locks:** Joint locks are attacks that target your opponent's joints, such as the elbow, wrist, or knee. Some of the most common joint locks in BJJ include the armbar, the kimura, and the ankle lock.
- **Sweeps:** Sweeps are techniques that allow you to reverse your opponent's position and gain the upper hand. Some of the most common sweeps in BJJ include the scissor sweep, the butterfly sweep, and the hip bump sweep.
- **Takedowns:** Takedowns are techniques that allow you to bring your opponent to the ground from a standing position. Some of the most common takedowns in BJJ include the double leg takedown, the single leg takedown, and the hip throw.

- **Positional Control:** Positional control is not an attack in and of itself, but rather a strategy that allows you to dominate your opponent by controlling their movements and limiting their options. Some common positional control techniques include the mount, side control, and back mount.

These are just a few of the basic attacks in BJJ. As you progress in your training, you'll learn more advanced techniques and strategies that will allow you to become a more effective and well-rounded grappler.



# Competing in BJJ

## WHY SHOULD I COMPETE IN JIU JITSU?

Competing in Brazilian Jiu-Jitsu (BJJ) can offer several benefits, including:

- Testing your skills: Competition is a great way to test your BJJ skills and see how you stack up against other practitioners. It's an opportunity to put your training into action and challenge yourself.
- Learning experience: Competing can also provide a valuable learning experience. You'll have the chance to see what techniques work and what doesn't under pressure. You may also learn from your mistakes and be able to identify areas for improvement.
- Building confidence: Winning a competition or even just performing well can be a confidence booster. It can help you feel more confident in your BJJ skills and in other areas of your life.
- Meeting new people: Competing can also be a great way to meet other BJJ practitioners from different schools and regions. You may make new friends or even find potential training partners.

- **Setting goals:** Competing can provide motivation and help you set goals for your training. It can give you something to work towards and help you stay focused on your training.
- Of course, competing is not for everyone, and it's important to make sure you're competing for the right reasons. Ultimately, whether or not to compete in BJJ is a personal decision, and you should weigh the potential benefits against your own goals and comfort level.

## When am I ready to compete in Jiu Jitsu?

- Competing in Brazilian Jiu-Jitsu (BJJ) can be a great way to challenge yourself, improve your skills, and measure your progress. However, it's important to be honest with yourself and assess your readiness before entering a tournament or competition. Here are some things to consider:
- **Skill level:** Have you been training consistently and making progress in your BJJ techniques? Do you feel confident in your ability to execute techniques under pressure? If you're still relatively new to BJJ or haven't been training consistently, it may be best to hold off on competing.
- **Physical fitness:** Are you in good physical shape? BJJ competitions can be physically demanding, and you'll want to be sure you're prepared to handle the physical challenges.

- **Mental toughness:** Are you able to handle the pressure of competition? Competing can be nerve-wracking, and it's important to be mentally prepared to handle the stress and pressure of performing in front of others.
- **Goals:** What are your goals for competing? Are you looking to test your skills against other competitors, or are you more interested in gaining experience and learning from the competition environment?
- **Coach's recommendation:** Have you talked to your coach about competing? Your coach can provide valuable feedback on your readiness and may have specific advice on how to prepare for a competition.

Ultimately, the decision to compete in BJJ is a personal one. It's important to be honest with yourself about your readiness and to make sure you're competing for the right reasons. If you do decide to compete, be sure to train hard, stay focused, and have fun!





# Revolution Team Affiliates

Did you know that BJJ Revolution Team has 9 gyms across the Houston Metropolitan Area, and 11 gyms in Texas? This means you have access to, and can drop in, if you have a current membership with any of the following BJJ Revolution Team affiliates! Cross training is a great opportunity to test out techniques you've been working on, train with someone new, or get training in if you're working far from your home gym.





Academy/ Dojo Name	Location Address
Cross Collar Jiu Jitsu	2114 Seabrook Circle Seabrook, TX 77586
Maven Jiu Jitsu Academy	538 Sawdust Road The Woodlands, TX 77380
Ravlin Martial Arts	10371 Stella Link Rd Houston, TX 77025 (2nd Floor)
Liberatus Jiu Jitsu	6640 FM359 Fulshear, TX 77441
Revolution Dojo- Cypress	15460 Farm to Market Rd 529 Houston, TX 77095
Revolution Dojo- Heights	967 Judiway Street Houston, TX 77018
Revolution Dojo- Houston (East Downtown)	319 St. Emanuel, Houston TX, 77002
Revolution Dojo- Katy	414 W Grand Pkwy S #197 Katy, TX 77494
Still Waters BJJ	1101 E Hwy 6 Suite D Alvin, TX 77511

# CCJJ Training

## Schedules

We love that you are a part of our Team and gym family, but we understand that sometimes life happens and you may need to freeze or cancel your membership with us.

- On a Month-to-month contract with us you will need to cancel a minimum of 30 days prior to your payment due date. If you need to freeze your membership, you have the option, but remember if you freeze for 2 months and your payment processes and you wanted to freeze longer you will be subject to a reverse payment charge, please keep up with when your bill is due and contact us before payments are charged. (The ONLY WAY TO FREEZE/CANCEL IS TO EMAIL [ZACK@CROSSCOLLARJIUJITSU.COM](mailto:ZACK@CROSSCOLLARJIUJITSU.COM) )
- On a Yearly contract with us you have made the commitment to train for one year, so you may also cancel your membership with a minimum of 30 days notice however, you will be subject to a charge of 30% of your remaining membership cost. We take things like injuries and life changing events (loss of job, move to new city) into consideration when we discuss cancellation details with you. You also have the option to freeze your membership, but remember if you freeze for 2 months and your payment processes and you wanted to freeze longer you will be subject to a reverse payment charge, please keep up with when your bill is due and contact us before payments are charged. After the conclusion of your yearly contract. (The ONLY WAY TO FREEZE/CANCEL IS TO EMAIL [ZACK@CROSSCOLLARJIUJITSU.COM](mailto:ZACK@CROSSCOLLARJIUJITSU.COM) )



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>6:00 am</b>	Adult NoGi (Mat 2)	Adult GI (Mat 2)	Adult Gi /NoGi (Mat 2)	Adult GI (Mat 2)	Adult NoGi (Mat 2)	
<b>10:00 am</b>						Open Mat (Mat 1)
<b>11:00 am</b>	Adult GI / Homeschool (Mat 2)		Adult GI / Homeschool (Mat 2)		Adult GI / Homeschool (Mat 2)	
<b>4:45 pm</b>	Baby Sharks (Mat 1)		Baby Sharks (Mat 1)			
<b>5:30 pm</b>	Kids BJJ (Mat 1)	Kids NoGi (Mat 1) ----- Adult NoGi (Mat 2)	Kids BJJ (Mat 1)	Kids Drills / Sparring (Mat 1) ----- Adult NoGi (Mat 2)	Kids Striking (Mat 1)	
<b>5:45 pm</b>	Adult GI Fundamentals (Mat 2)		Adult GI Fundamentals (Mat 2)		Kids Fundamentals (Mat 1) ----- Adult GI Fundamentals (Mat 2)	
<b>6:30 pm</b>	Adult GI Advanced (Mat 2)	Kids Striking (Mat 1) ----- Adult GI (Mat 2)	Kids Competition Class (Mat 1) ----- Adult GI Advanced (Mat 2)	Adult GI (Mat 2)	Judo (Mat 1)	

