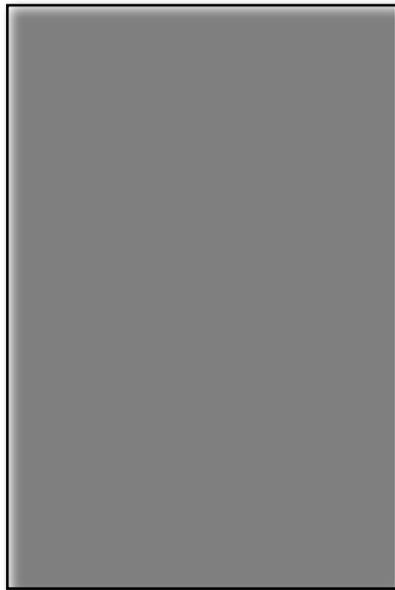




Special Report

How to choose a Brazilian Jiu Jitsu School



Here are a few tips to help you choose the right BJJ school. It can be overwhelming when you first start off but remember you are a consumer and use your right to shop around. See what works best for you, from the “feel” of the gym, to classes to what programs they offer. When I first started I wish somebody would have told me these things, it would have saved me a lot of confusion and time and money. You should know

NOT all schools are created equal and it is very important that you make an educated decision before signing on the dotted line.

“Whether you choose our school or not make sure that you choose a school that has a proven record a solid Jiu Jitsu program and able to help reach your goals.”

Finding the right school..

You should not choose a Jiu Jitsu school simply because they are close to home or on a price alone. You have to be very selective. Looks and first impressions can be deceiving. The proof is in the students. The best thing to do is check out all the schools in your area, thru the Yellow Pages, Google, Kiji, or Yelp. Drop them an email or give them a call and see what they have to say, and see if you can set up a tour. In the quest for the right school, the search begins by asking yourself why do you want to learn BJJ. Are you looking to get into shape, self defense, become a fighter, or just a combination of all these things. Different BJJ schools are focused on different things and it is important that you understand what it is that you want so you can find the right school that fits your needs.



10 THINGS YOU SHOULD ASK BEFORE JOINING

1. Instructor, how much do they teach and do they roll with the students
2. What and how many classes a week do they offer, is there a limit to classes you can take, what do you get with your membership
3. Are they affiliated with a Team or Association and who?
4. Are they registered with the IBJJF as a school or Instructor
5. Does there BJJ program have a curriculum or is it fly by the seat of their pants
6. Do they follow any type of rules or is it anything goes when it comes to rolling. illegal to legal techniques
7. Is there a long term contract, how long, how much, can it be suspended or cancelled, is there a penalty amount to cancel
8. What is the atmosphere? Do you feel welcome, is it friendly or is he room full of ego's
9. Do they compete at local and international tournaments
10. Is the gym clean, the bathrooms will always tell you how clean the rest of the gym is



WHITE BELT SURVIVAL HOW TO SURVIVE AND ENJOY YOUR FIRST YEAR IN BJJ

"White Belt - At white you are learning the basics of positions and submissions and the idea of positions before submissions. Learning two to three basic passes. Learning to mount, armbars, choke or triangle. As a white belt all you want to do is pass, mount finish or finish from your closed guard. Thats it."

-From Saulo Ribeiro's Jiu Jitsu University book his perspective on the roll of a White belt.

I am sure there are 100 ways to survive but I think I have set the ground initial ground work and give you some motivation to stick with it. I have been at this for almost ten years now and I am constantly learning. I realized when I received my Blackbelt I knew nothing and the journey had just started. I am constantly learning new ways and methods of teaching and training. The hardest part part of anything is starting.

And if you give it an honest effort the rewards will move into many aspects of your life.

- Misty



10 TIPS TO SURVIVE YOUR FIRST YEAR

I thought this article was worth the read...

“It has been a year since I started training, so I wanted to take a minute and highlight some areas that will help some beginners make it through their first couple of months or years in training. If you have never trained in Brazilian Jiu Jitsu before, as I had, it can be a shock to your body and mind. You will be frustrated, wanting to quit, and sore and tired from training.

1) Check your ego at the door

“Egotism is the glue with which you get stuck in yourself”-Dan Post

An ego can be one thing that make or breaks a person when they walk through those academy doors. If someone walks in with the expectations of tapping out everyone on the mat, you are going to be disappointed rather quickly. This is a new experience for you, go into with an open mind and be humble. You will learn more than you could ever imagine about yourself and the art.

2) Make some friends

When you get frustrated with BJJ and the thought of quitting and burning your gi runs through your mind every day after class. It is extremely useful to chill out after class and discuss your frustrations

with a friend. Just wait and see how fast a complete stranger will help you through the issues and quickly become a close friend and training partner. Some of my best friends I have met on the mats.

3) Be a reliable training partner

If you have people that want to roll on different days, at odd times, or they are training for a competition and you can do it and help them prepare, step up and make it. Make sure, when you commit, you show up and train. If you keep being a reliable training partner, you will always have someone to help you in the end when you need a training partner or you are struggling with something.

4) Tapping is a technique

This is probably the biggest issue with just starting out and having an issue with ego getting in the way. Tapping is not a defeat; it is an opportunity to learn from your mistake. My rules when I started were, tap early and tap often. I did not know how to escape an arm bar, and I would quickly tap to avoid injury, and then I would ask, “How do I get out of that?”

Then next time I would try to understand the escape. I found this to be the best learning experience.

5) Mat time

Outside of Jiu Jitsu everyone has a life and it is difficult to find time to get on the mats. Once you get through the initial shock of starting, then work out a schedule to insure that you get the most mat time possible. This helps you improve your muscle memory and will put you in situations where you realize you need help. When I started, I would feel frustrated when someone would play open guard, now I love the game of trying to work a pass and passing someone’s open guard.

6) Drill, baby, drill

Drilling is a key to succeeding in Jiu Jitsu. It helps you commit moves to muscle memory. Once someone starts to move towards mount position, your body will instinctively react to the movement. The next thing you know you are pulling off a beautiful knee to elbow escape. I will admit I do not drill as much as I should have, but there are times that I wish I would have drilled more when I started, but it is never to late to start drilling techniques.



7) Warm-ups and stretching

I cannot stress this one enough! These are critical to remaining injury free and being able to train more often. Stretch before and after class, this will help reduce muscle soreness the next morning. I went through around 10 boxes of Epson salt, walked around smelling like icy hot, and slept with heat patches on my back and knees for weeks when I started. Warm-ups are fun! You can start by doing some basic shrimp drills, running or sprinting around the mats, jumping jacks, push ups, or burpees.

8) Write it down

Buy you a one-subject notebook and head to class. Write down your first experience in Jiu Jitsu, jot down techniques, write down where you struggled at during open mat, and write down what you would like to improve on for next class. This is a magnificent way to reflect on your growth. Being able to put pen to paper will help you remember techniques. This is something I wish I had started when I first started training. This will benefit you tremendously and will give you a complete record of your progress.

9) Progress will come

Slowly but surely over a course of weeks and months, you will begin to see progress. You will go from being in someone's guard, to being able to pass right into side control, flow into the mount and set up a submission attempt. One day you will have that "Ah, Ha" moment and you will begin to see some results. Do not worry how long it will take to get a

stripe or blue belt. Most people get distracted on when they are going to get a promotion. It will come, but for now just enjoy learning and all the rest will fall into place.

10) Set small goals to succeed

Everyone steps into Jiu Jitsu with the goal of becoming a black belt, getting in shape, or losing weight, but what about setting small, realistic goals. I went into each class for the first 6 months and got caught in triangles. I immediately set a goal to avoid getting caught in triangles while rolling. To do this, I stopped putting myself into dangerous positions, I watched my posture when in someone's guard, I started to become aware of my hand and arm placement during rolling. Now after practicing and learning, triangles are something that I have become skilled at avoiding. If you are struggling with arm bars, go into each class and do nothing but arm bar set ups and attempts. The small successes will help give you the motivation to continue.



WHAT IS THE IBJJF



The **International Brazilian Jiu-Jitsu Federation (IBJJF)** is the major and most prestigious governing body for [Brazilian jiu-jitsu \(BJJ\)](#) that hosts several of the biggest tournaments in the world, including the [World Jiu-Jitsu Championship](#), [Nogi World Jiu-Jitsu Championship](#), [Pan Jiu-Jitsu Championship](#) and [European Open Jiu-Jitsu Championship](#). The federation was created by [Carlos Gracie, Jr.](#), who is the head of one of the largest Brazilian jiu-jitsu associations, [Gracie Barra](#). The IBJJF is directly connected to Confederação Brasileira de Jiu-Jitsu, sharing its rules and regulations.

ABOUT US



Al & Carlos
Head Instructors & Founders

Team Randori was formally Randori Fight Club, in 2016 we formed our World Class BJJ Team. Our team was born of our desire to create a club free of politics and egos. This is a new beginning for us and for anyone searching for a positive BJJ environment founded in strong technique, respect and fairness to its members.

Our goal is to create a fun, supportive and educational experience for our members.

Our program is for everyone, men, women and children. You can be small, short, tall, thin, big, young or old. Absolutely no experience is necessary. Our Instructors will teach and develop a style that works best for you.

Out of shape or never did martial arts in your life? Not a problem! most people who begin training are not in shape. At Team Randori we will work with you to help you reach your goals.

WHAT MAKES TEAM RANDORI DIFFERENT FROM ALL THE REST

We are a IBJJF Registered School and IBJJF Registered Blackbelt

City licensed and fully insured

Full membership INCLUDES monthly Online Class Video Review

Full membership includes all classes no limit on how many a week you take



Head Instructors are also active competitors and are rolling and training along side you

Grappling Training 2 Time World Champion

Monthly seminars, competition team training camps

Morning, Afternoon, Evening, Weekend Classes

Over a dozen classes a week

No long term contract

ABOUT TEAM RANDORI

Team Randori was created by Jiu Jitsu brown belt Al Hogan with the goal of unifying the staff and creating a solid team, not only to train champions, but also good citizens and family members. The name and logo were inspired by the state of Maryland, and the City of Annapolis.

