



Here are a few rules and tips on training.

Position Before Submission

One of the core principles of Brazilian Jiu-Jitsu is "position before submission". By "position" is meant the relative position of your body to your opponent's. By "submission" is meant an action that causes your opponent to submit (surrender), such as an armlock or choke.

It can be demonstrated that different positions in grappling offer varying degrees of control, and that those with the most control offer the best leverage for submissions and striking, with the least threat of counter-attack or escape. It is from this that Brazilian Jiu-Jitsu teaches you to seek and advance towards dominant positions and only attempt submissions once these are obtained. This also includes escaping from inferior positions to a neutral or dominant position.

Each technique flows one into another, from position to position, and ends with a complete reversal of who is mounted. While some techniques may seem basic, if you could consistently perform them successfully against resisting opponents, you'd be well on your way in Brazilian Jiu-Jitsu.

Positional Drilling

Usually resistance drills and sparring follow the instruction and repetition of techniques. This will be your first chance to try out what you just learned against a fully resisting partner in a live drill. And as such, it's important that you understand some basic rules for all live drilling and sparring:

Basic Rules

- * No striking, punching or kicking.
- * No eye gouging or hair pulling.
- * No twisting or grabbing fingers.
- * No slamming (pick someone up to drop them).
- * No heel hooks (twisting the foot or knee).
- * No neck cranks.

**note - Remember that Brazilian Jiu-Jitsu is designed to be trained safely without serious injury. These rules are to help keep you and your training partners safe and healthy. We will show these techniques for self-defense.*

Tapping

The normal way you signal submission in Brazilian Jiu-Jitsu is to tap your opponent three times. When you tap, make sure you do it hard enough that your partner can feel it; or tap the mat where they can see and/or hear it; or verbally tap by saying "Tap!"

Tapping the mat can be deceiving when others are rolling on the same mat. Likewise, be aware of your training partner tapping and stop whatever you are doing when he does so.

Tapping is just part of training and there is no shame in it. Don't worry about winning or losing. Just try the techniques you've learned to the best of your ability and tap when you need to, ideally before it hurts.

Apparel

Traditional BJJ is practiced with a Gi. This is the uniform with a belt. It is encouraged but not necessary to have. Think of the Gi as "training wheels." As training wheels help you ride a bike; so will a Gi help you achieve balance. It will also slow the sport down so you can see and feel the movement. As I said, encouraged but not necessary – see Gym Rules for other appropriate apparel.

Sparring

The class concludes with live sparring. You may be assigned a sparring partner(s), and usually you'll change partners after every round. At the start of each round, you'll begin by facing your partner on your knees. When you're ready, shake hands (or slap & tap) and start to "roll": try out your techniques, stopping whenever one of you taps and restarting from knees. Sometimes we'll start with timed rounds, but allow you to continue doing "free sparring" with no time limits after class is officially over. You might start from your feet, but be aware of others rolling as this requires more room to move.

Ranks

Junior belt colours (16 and under)		Adult belt colors (16 and over)		Black belt grades (19 and over)	
White		White		Black 0-6	
Grey		Blue		Black/Red 7	
Yellow		Purple		White/Red 8	
Orange		Brown		Red 9-10	
Green					

RED BAR -- You'll notice on the Black Belt a red bar. The red bar signifies that this person is recognized to hold the rank of **Instructor**. Any belt (Blue and higher) may have a red bar. In some cases a Black Belt may not have a red bar, but a white bar instead. This signifies they do not hold rank of Instructor and that they are not the highest ranking Black Belt (does not mean they don't have something to teach or know less. They still have a Black Belt).

Once the Black Belt w/ red bar has been teaching for 1 year then they will be given "Professor" stripes (white stripes on each end of the red bar). This signifies that they have been given the rank of **Professor** and should be called that. One stripe given every 3 years after that.

The Black/Red Belt holds the rank of **Master**. The Red/White Belt holds the rank of **Great Master**. The Red Belt holds the rank of **Grand Master**!

Stripes

Every belt from white to red can earn stripes or "degrees." White to brown belts can earn 4 stripes and your 5th stripe/promotion is your next belt.

No promotions are given without owning your own gi!

Glossary – Common terms you will hear the instructors say while on the mat.

americana – A basic submission where the arm is bent then twisted in order to crank the shoulder. Also called American armbar, bent armlock, chicken wing, hammer lock, paint brush, top wrist lock, ude garami, and v-lock. **note - American wrestlers would compete in BJJ tournaments and win high level matches/tournaments using this one submission. Hence the name given by Brazilians.*

break fall – The techniques for safely falling to the ground, such as after a throw. To *break fall* means to execute a safe fall to protect your head and body; to break the fall. Also called rollovers and ukemi.

gi – The uniform worn when training in Brazilian Jiu-Jitsu. Also called kimono.

guard – A number of positions in grappling where the person on bottom is defending themselves and controlling the person on top using their legs. Closed guard is where the position is held with one's legs wrapped around their opponent's waist with their ankles crossed. Open guard with ankles uncrossed. **note – An open guard is a passable guard.*

guard pass – A technique done in order to get around or "pass" someone's guard, ending with them securely holding a dominant position. Attempting to perform these techniques against an opponent is called passing the guard.

heel hook – A submission where the heel is used to twist the leg and possibly tear the knee. Purple Belts and higher only!! (Advanced Blue belts may practice with Instructor supervision.)

mount – A dominant position in grappling where the person on top sits straddled across the torso of the person on bottom. In a self defense situation, the person with mount would be able to strike without much threat of being struck back. In grappling, mount offers the leverage and control to effect chokes and armlocks. The person on the bottom is considered mounted.

no-gi – Refers to training without the gi, usually wearing shorts and a T-shirt

shrimp – A drill done to train proper hip movement while on one's back. It is an important part of many escapes and techniques. It is called "shrinking" because one bends in half like a shrimp swims as they scoot along the mat. Also called elbow escape or hip escape because it is used in combination with the elbow in several escapes.

side control – A number of dominant positions in grappling where the person on top pins the opponent, usually with chest to chest contact. Also called cross body, cross-side and side mount. Many particular holds from side control have specific names, such as 100 kilos and scarf.

sweep – A technique done from guard to put an opponent on their back and allow one to come up on top. To sweep means to successfully perform such a technique.

take the back – To gain one of the most dominant positions in grappling (called rear mount) on an opponent's back. From here, one can strike or choke with little fear of retaliation.

upa – A bridging movement where you lie on your back to lift your hips off the ground. Used in the basic bridge-and-roll mount escape.

weave – The type of fabric a Brazilian Jiu-Jitsu gi is made from. Single weave is one of the thinnest types, making it good for hot weather training. Double weave is twice the thickness of single, and gold weave is somewhere between the two. Summer weave is the lightest and most easily torn.

OSSS - (OUSS)

The famous "OSS" has many origins. The first definition of "OSS" as an abbreviation for Onegai Shimasu, which translates into a request, a solicitation, an invitation like "please", "if you may" or "with your permission", much used when inviting a partner to train.

The second definition of "OSS", also known as "ossu" (it doesn't matter how you spell it in English), means Oshi Shinobu, which conveys the idea (the literal translation has nothing to do with the context) of "persevering when pushed", or in other words, never give up, have determination, grit and withstand the most arduous of training. Carrying on without giving up, under all kinds of pressure - that's the idea of inner strength so common in Asian culture.

Therefore, at the start of a fight, the martial artist will shout, invoke, emanate the "OSS", as a way of letting this sentiment out. In many sources, "OSS" is defined as a manifestation of ki energy, or in other words, a different kiai (strength), indicating one is ready to fight.

According to Miyamoto Musashi, in the book "Go rin no sho" (Book of the five rings), the samurai would use three types of shouts: one before combat, the second during combat, when attacking, to muster greater strength (kiai), and the third after the fight, to celebrate victory or bemoan defeat.

"Oss", beyond demonstrating strong spirit and determination before a fight, is also used to suggest or confirm a piece of information. Thus, whenever a Sensei asks or informs of something, the response is "OSS!" It is the response that will signify understanding or confirm understanding.

- Gracie Magazine

Brief Jiu-Jitsu History

Mitsuyo Maeda taught Judo to GM Carlos Gracie and his brother GM Helio Gracie. GM Helio Gracie had many sons who were promoted through him and went on to be legends in Jiu-Jitsu. Jiu-Jitsu in Brazil was building quickly as the Gracie family (along with many others) took to the streets and all martial arts dojos to test their art against real live situations and to test against elite martial artists. It became clear that Jiu-Jitsu was dominant as they learned a blue belt in BJJ could handle and sometimes defeat black belts of other disciplines.

A couple notable students under GM Helio are GM Rorian Gracie who created the first UFC and is credited for introducing Brazilian Jiu-Jitsu to North America. Professor Royce Gracie who was the smallest and least competitive black belt of the Gracie family was asked by his older brother GM Rorian to represent Jiu-Jitsu in the first ever Ultimate Fighting Challenge. This was to prove that Jiu-Jitsu was the dominant martial art by showing a smaller, weaker person could defeat the larger and stronger person by using technique. Before the UFC, GM Rorian operated this challenge out of his home garage in Southern California. More and more people came to watch and compete which led to the idea of the tournament. Master Rickson Gracie has been considered the greatest champion of all Brazil by many of his peers boasting to have never lost a fight.

Behring Jiu-Jitsu

GM Joao Alvaro Barretto, GM Flavio Behring, and GM Alvaro Barretto began instruction w/ GM Helio Gracie and were among the first non-Gracie's to begin studying Brazilian Jiu-Jitsu. All received their promotions from GM Helio. Master Sylvio Behring and his younger brother Marcelo Behring naturally followed their father in Jiu-Jitsu and were guided by him. Through his guidance, GM Flavio Behring sent his sons to learn from two great Professors.

Master Sylvio went to learn from GM Alvaro Barreto while Marcelo went to learn from Master Rickson Gracie. It was GM Flavio's intention to guide his sons, but to give them instructors that would fit their personalities as well. Marcelo was called "Rickson's greatest black belt" by many throughout Brazil. He had many memorable battles before there were points for scoring and time limits. Many matches in those days were two competitors on one mat battling until there was a submission. Marcelo passed away in the mid '90's. One of Marcelo's students who received a black belt from him is Professor Mario Yamasaki. You might recognize him as a referee for today's UFC.

Master Sylvio Behring

Master Sylvio was promoted to black belt by GM Flavio Behring and his instructor GM Alvaro Barretto. Master Sylvio has instructed many legends in Jiu-Jitsu and MMA. A few to note are Jacare Souza, Fabricio Werdum, and Anderson Silva. They all are greats in Jiu-Jitsu and today's MMA competitions. Master Sylvio has promoted many black belts and has many throughout North and South America. There are many Behring students all over the world!

Team Sylvio Behring USA

Professor Peter Iacavazzi received his black belt from Master Sylvio and is the head Professor for Behring Jiu-Jitsu in the USA. Professor Brandon Olsen received his black belt from Master Sylvio under Professor Iacavazzi. Professor Olsen is the only black belt ever promoted to black belt having not ever met Master Sylvio and only knowing of each other through Professor Iacavazzi.

Professor Iacavazzi has worked on building Behring Jiu-Jitsu USA since he was a purple belt. He has had many schools throughout his travels and teaches many programs all over the USA. Professor Matt Powers also received his black belt from Master Sylvio under Professor Iacavazzi. You can be sure there are many more Behring Black Belts to come!

OSSS!!!

