



Milledgeville Academy of Mixed Martial Arts, LLC

Adults

(478) 363-1502

www.trainwithMAMMA.com

Welcome

Welcome to MAMMA!

I am honored that you have chosen to be part of the Milledgeville Academy of Mixed Martial Arts (MAMMA). I think that you will find that our approach to teaching martial arts to adults is exciting and unique. We teach the skills of Brazilian Jiu-Jitsu (BJJ), Kickboxing, and Mixed Martial Arts (MMA) in a way that is engaging, challenging, and enjoyable. In addition to learning self-defense techniques, our students grow in the areas of respect, self-discipline, personal fitness, group/team dynamics, and sport etiquette.

Please take a few moments to read through this student handbook. It contains important information for students and parents, and it answers many commonly asked questions. If you need any additional information, check out our website at **www.trainwithmamma.com**, or feel free to talk to an instructor after class.

We look forward to working with you and your family to help you achieve the goals you want to accomplish through martial arts training.

Thank you,

R. Frank Mullis, Jr., MTS, M-Div-Co, LPC
Owner/Head Instructor



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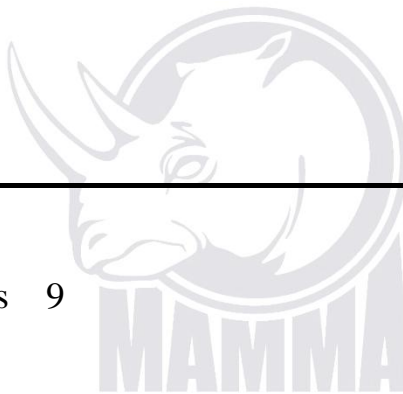
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Commonly Asked Questions

What is Brazilian Jiu-Jitsu (BJJ)?

It is a martial art, a combative sport, and a system of self-defense with roots in ancient Japanese Jujutsu and the more recent art of Judo. In 1914, Japanese Judo expert Mitsuyo Maeda moved to Brazil as part of a larger Japanese immigrant community. Gastão Gracie, a Brazilian scholar and politician, helped Maeda get settled in his new country. As a statement of his gratitude, Maeda taught Gracie's oldest son Carlos the essential secrets of his martial art. Carlos, after noticing that most fights go to the ground, began to develop his own adaptation of this fighting style. Later joined by his younger brother Helio and other family members, the Gracie family spent many years developing their theories into what is now known world-wide as Brazilian Jiu-Jitsu (BJJ). From local police departments, to the US military, to top-ranking UFC fighters, BJJ is recognized as a martial art system designed for persons of any size to defend themselves against a larger attacker, without the necessity of punches and kicks. By taking an opponent off their feet and onto the ground, most of the advantages of a larger, stronger opponent are negated. While grappling on the ground, technique and leverage are more important than size, so a weaker, smaller person can defend against stronger, larger opponent.

What is Kickboxing?

The term "Kickboxing" is relatively new to martial arts and was coined sometime around the early 1960's. Kickboxing is a hybrid martial art style combining Japanese "Karate" with Thailand's "Muay Thai." Traditional Karate utilizes empty handed striking to vital areas (along with kicks, grappling, joint locks, restraints, and throws), and "Muay Thai" makes use of the eight points of contact on the human body (fists, elbows, knees, and feet). In traditional form, both systems of fighting are very distinct. However, it's difficult to separate their individual qualities in the modern sports arena. Proven in the street, ring, and cage, Kickboxing is one of the most effective striking arts taught today.

What is Mixed Martial Arts (MMA)?

In traditional martial arts, MMA simply means any combination of fighting styles. In modern sports it is usually a term referring to a fight in a ring or cage where seemingly anything goes (notice we said seemingly, there are definitely rules). Here at MAMMA, we combine the grappling of BJJ and the striking of Kickboxing to create a very complete MMA program.

How do I get started?

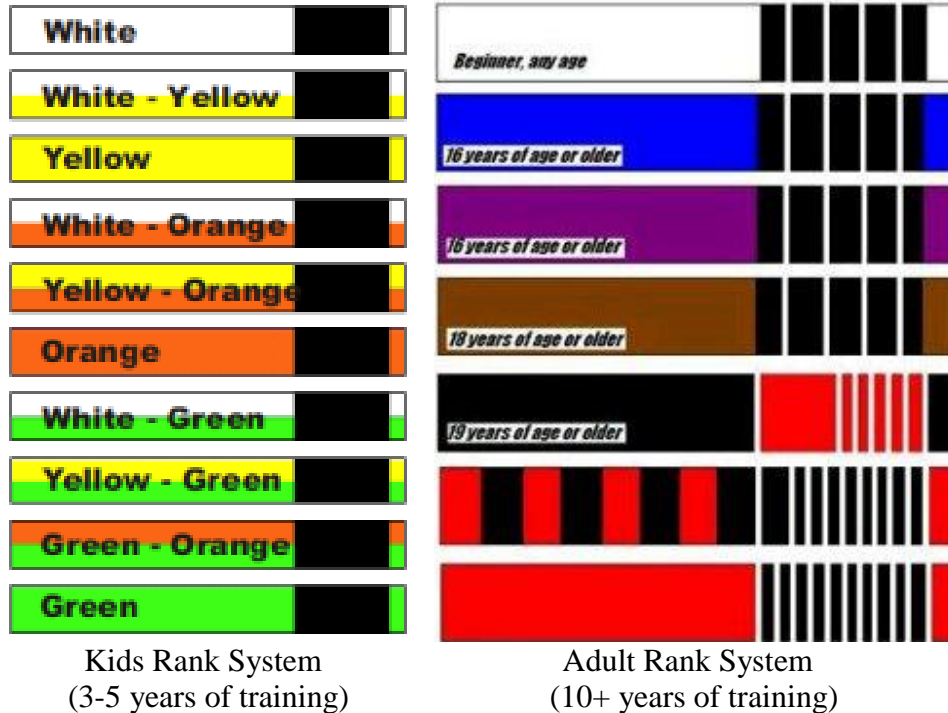
Most individuals like to visit and check out the classes first hand. MAMMA is a very hands-on learning environment and may intimidate some new students. We encourage visitors to meet our instructors and ask us any questions that you may have. We work hard to maintain a family friendly environment. Once you choose to join us we will be happy to walk you through the sign up process. It's very simple and should only take a few minutes.

What should I wear?

Before you come to your first class, you'll need to figure out what to wear. You don't need to own a BJJ Gi (traditional uniform) for your first few classes. However, you will want to purchase one as soon as possible. T-shirts, board shorts and sweat pants (with drawstrings) are all fine. Do not wear anything with extra pockets, belt loops or baggy fabric. These are dangerous, since fingers and toes can get caught in them. Also for safety, no jewelry of any kind should be worn during class. Long hair should be pulled back and well secured.

How long does it take to earn my Black Belt in BJJ?

Good question!!! The first thing you should know is that MAMMA doesn't give Black Belts to youth. In BJJ it often takes 10+ years as an adult student to gain mastery of this style. The real question should be why do I want a Black Belt in the first place? Martial Arts Tradition has brought us the term "Black Belt," and for many it is a mystical term that denotes mastery of the fighting arts. In fact, the color of a student's belt often has nothing to do with their true ability, much less their character or heart. Many martial arts schools allow their students to gain a false sense of mastery by awarding rank too easily. At MAMMA, rank is not given or purchased- Belts are earned.



Note: The highest rank in the Kids BJJ program is a Green Belt (with 4 stripes) and is equal to the Adult Blue Belt.

How do I earn rank in BJJ?

Every student has a different rate of learning. We believe that students at MAMMA should be able to accomplish certain techniques based on their age and skill level. Some students learn quickly while others slowly, but all students eventually reach their goal. Rank is based on Attendance, Technique, and Attitude. Failure in any of these areas will slow down your progression.

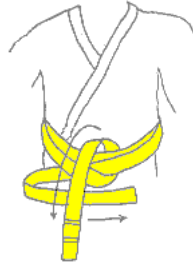
- Attendance is counted when a student shows up on time, with a good attitude, a proper uniform, and eager participation.
- A student must attend a minimum of 2 classes per week to earn stripes.
- Four stripes will be earned per belt in order to advance to next belt rank. A skills assessment and physical assessment will also be part of rank.
- When a new student is 15 (or in high school) they are considered to be an adult by MAMMA.
- Students must be 16 years old to wear a Blue belt.

How do I tie my belt ?

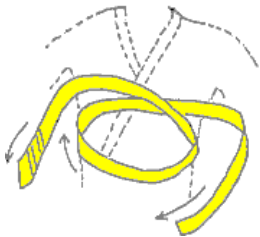
Note: While this page can help you learn how to tie your belt, your instructor is the best person to learn the exact way to tie it.



Hold belt at its center, ends even, with tips (if you have them) on the right side.



Bring left (striped) end of belt down and over the front of the U



Place center of belt on front center of jacket, about one inch below the naval. Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.



Loop striped end under and up through the U shape to form a knot.



Lay the left side of belt over the center. Lay the right side of belt across the center. Stripes will now be on your left side.



Pull ends of belt outward to tighten knot. Tips will be on your left side.



Slide the left side of belt (striped side) under and behind all the belt layers at the center. Stripes will still be on your left side.



Adjust knot so the ends of belt are even and hang neatly.



Loop



Class Rules and Etiquette

1. **Introduce yourself** to new students or students that you do not know and make them feel welcome.
2. Try to **be on time**. Traffic issues and everyday matters are understood but try to be on time if possible.
3. Always **come** to class **prepared** with proper training uniform and equipment (i.e. BJJ gi, mouth piece, boxing gloves, etc.).
4. If you walk in while another class is in session, then come in and wait for your class to begin without disrupting the other class. If you need to take a **cell phone call** during class, or while waiting, then be respectful of the class going on and take it **outside**
5. When the instructor is teaching there should be no talking. We are here to learn. **Respect** your instructor even if you have seen the technique before (and think you know it).
6. When Class starts, **talking** (other than questions) should be kept to a **minimum**.
7. If an instructor comes over during a technique to correct you, there should be no other instructing going on. If you are not an instructor, then at no time should you be trying to help someone through a technique.
8. **Big Egos** or **bad attitudes** will **not** be **permitted** at this academy. Everyone is here to learn.
9. **Bad temper** issues will **not** be **tolerated**.
10. **Foul language** of any kind will **not** be **tolerated** within the doors of this academy.
11. Slamming, finger/ hair pulling, biting, pinching, scratching, and etc. will not be tolerated.
12. **“Tapping”** out is **OK** and is part of the learning process. **Never brag** about tapping someone. It happens to everyone in training and is how you will improve. This is only training (practice), where we should always be trying different techniques and situations to better our skill.
13. No shoes or food on the mat (at anytime). Wrestling shoes are permitted if they are for mat use only.
14. Make sure you are clean. **Keep** all your training equipment, clothing, and uniform **clean** for each training session. This is very important in keeping our academy sanitized at all times. Students who come to class with poor hygiene will be required to exit the academy.
15. If you have long hair, please keep it in a pony tail or wear a protective covering so that it doesn't fall in the face of your training partner (or the instructor).
16. Keep your finger and toe **nails short** for every ones safety.
17. All students are required to report any injury, health or skin condition to their instructor prior to class.
18. **Absolutely no alcohol or illegal narcotics** are allowed on the premises. Any student who is suspected to be under the influence of a drug or alcohol while at the academy will not be allowed to train and possibly have their membership terminated.

Note: Keep MAMMA clean by picking up after yourself.

Full Contact Rules

Practicing with “full contact” is a good way for students to learn how to apply certain techniques in a real setting. **All full contact is to be done in the presence of an instructor with extreme care and control.**

At MAMMA, we practice three different types of full contact:

Grappling (BJJ):

When the instructor tells the students that we will “roll”, it is referring to grappling. Grappling is similar to wrestling, however, instead of trying to pin your opponent you are trying to submit him/her. If a submission is applied to you, you must tap physically (with your hand) or verbally (loudly) so that you can be released from the submission. It is your responsibility to tap and it is also your responsibility to not hurt your partner with a submission hold. If you have a submission hold on your partner and they are not tapping, then you must let go of the hold and not hurt them. All beginner students will start grappling on their knees until they learn throws and takedowns. No striking, neck cranks, twisting leg locks, slamming, biting, or hair pulling will be allowed. When grappling, a mouthpiece and groin protection is recommended.

Sparring (Kickboxing):

When the instructor tells the students that we will “spar”, it is referring to striking. Sparring is a form of stand-up fighting. It utilizes a combination of punches, kicks, knees, and elbows from the standing positions. When sparring, wear proper safety gear (mouthpiece, headgear, groin cup, padded 16oz gloves, and padded shin guards). There are no strikes allowed to the groin, spine, or knees.

Freestyle (MMA):

When the instructor tells the student that we will spar “freestyle”, it is referring to Mixed Martial Arts (MMA). Both the submission rules (from grappling) and sparring rules (from Kickboxing) apply to freestyle. When sparring freestyle the proper gear (mouthpiece, headgear, groin cup, padded gloves, and padded shin guards) must be worn.

Note: If you ever feel hurt or sick you should let your instructor know and discontinue training.



School Policy and Procedures

Student Attendance

Attendance is the key to progression. Advancement depends on your attendance. A minimum of two classes per week is necessary to gain the full benefit of training.

Attendance Card and Sign-In Procedures

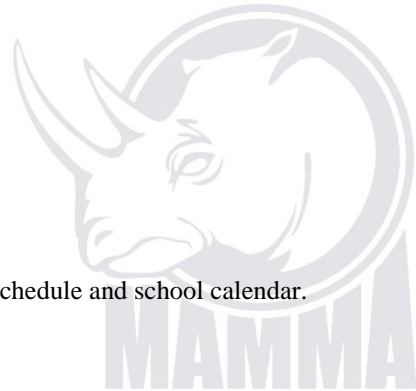
Once a student arrives they must sign in prior to joining class (no later than 15 minutes after class starts). If you attend class more than fifteen minutes after a class starts please let the front desk person and/or instructor know.

Holiday Schedule

MAMMA is closed on the following days:

Memorial Day
Fourth of July
Labor Day
Thanksgiving Day
December 24th through the 2nd of January

Note: Any additional holidays will be listed on our class schedule and school calendar.



Vacations or Extended Absences

Please notify your instructor if you will be missing class for vacation or illness for a period of more than one week.

Viewing Classes

Parents and other guests are encouraged to watch classes. Please respect the students and instructor by remaining quiet. Cell phone calls should be taken outside during class. **If you bring younger children with you, please keep them quiet and seated next to you.** Spectators are not permitted on the mats.

Lost and Found

Lost and found items will be held in a box in the office. All items will be held for 30 days, after that everything will be donated to Goodwill.

Stay Connected!

Web Site

Staying connected with MAMMA has never been easier. Our website is the central location of news, information, and updates regarding the academy.

Facebook

Join the rest of the students and become a member of our online facebook family. "Like" the academy fan page.