



Milledgeville Academy of Mixed Martial Arts, LLC

Youth Brazilian Jiu-Jitsu

Little Rhinos

Jr. Rhinos

Rhinos

(478) 363-1502

www.trainwithMAMMA.com

Welcome

Welcome to MAMMA!

I am honored that you have chosen to be part of the Youth Brazilian Jiu-Jitsu (YBJJ) program at Milledgeville Academy of Mixed Martial Arts (MAMMA). I think that you will find that our approach to teaching martial arts to youth is exciting and unique. Not only are we a parent-friendly and kid-safe environment, we teach the skills of Brazilian Jiu-Jitsu in a way that is engaging, challenging, and enjoyable. In addition to learning the techniques of YBJJ, our students grow in the areas of respect, self-discipline, personal fitness, self-defense, group/team dynamics, and etiquette to list a few.

Please take a few moments to read through this student handbook. It contains important information for YBJJ 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 me after class.

I 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,

Rob Lanham
YBJJ Program Director



Commonly Asked Questions

What is Brazilian Jiu-Jitsu?

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 Youth Brazilian Jiu-Jitsu?

YBJJ teaches the same fundamentals as Adult BJJ. The main difference is that we teach YBJJ on an age-appropriate level. We believe learning should be fun. Our YBJJ classes use games, drills, and interactive discussions to help students learn YBJJ skills as well as become more aware of themselves and their surroundings. MAMMA instructors teach our students the values of respect, fitness, self control, and etiquette through the discipline of BJJ. We also utilize various other techniques from Judo, Kickboxing, Wrestling, and Karate to help students develop a practical, well rounded self-defense system.

What are the ages for YBJJ?



Little Rhinos	5-7	year olds
Jr. Rhinos	8-12	year olds
Rhinos	13-15	year olds
Adult BJJ	16+	

How do I get started?

Most families like to visit and check out a few classes first. YBJJ 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 parent 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. At MAMMA there are no sign up fees, no hidden fees, no belt testing fees, and no contracts.

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 Brazilian Jiu-Jitsu 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 (away from the face and collar) and well secured.

Note: YBJJ instructors will not award or recognize rank if a student is out of uniform.

How long does it take to earn my Black Belt?

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 YBJJ is a Green Belt (with 4 stripes).

How do I earn rank in YBJJ?

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 10 classes per stripe. (This time frame serves only as a minimal guide for instructors).
- 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.
- Students must be at least 10 years old or older to wear an Orange belt.
- Students must be at least 13 years old or older to wear a Green belt. A Green belt (with 4 stripes) is the highest level of achievement for our YBJJ program.
- When a student turns 14 they will be allowed to continue their training in YBJJ until they earn their Green belt (with 4 stripes) or turn 16.
- When a new student entering our YBJJ program is 14, it will be determined by MAMMA whether the student will be considered youth or adult. (This is based on a new student's size, experience, and athletic ability.)
- 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.

Note: YBJJ instructors reserve the right to give and take away rank as they deem necessary.

What are the YBJJ belt rank colors and what do they mean?

White- Students will learn to don their uniform, tie their belt, and basic class etiquette. They will learn beginner break falling, shrimping and shrimp scissor techniques. Students will also be introduced to beginner BJJ games and skills (depending on their age).

White/Yellow- Students (8yrs+) must be able to don their uniform, tie their own belt, and follow class etiquette (with only a minor reminder). Students must be able to follow instructions, and demonstrate break falling, shrimping and shrimp scissor techniques (with only a minor reminder). They must also be able to perform beginner games or skills (depending on age) when asked (with only a minor reminder).

Yellow- All students must be able to don their uniform, tie their own belt, and follow class etiquette. Students must be able to follow instructions, and demonstrate break falling, shrimping and shrimp scissor techniques. They must also be able to perform beginner games or skills (depending on age) when asked.

White/Orange- All students must be able to don their uniform, tie their own belt, follow class etiquette, and demonstrate shrimp and shrimp scissor techniques. They must also be able to perform intermediate games or beginner skills (depending on age) when asked (with only a minor reminder).

Yellow w/Orange- Student must be able to perform advanced games or beginner skills (depending on age) when asked (with only a minor reminder).

Orange- A student must be at least **10** years old. Student must be able to connect advanced games fluidly and perform beginner skills and drills (depending on age) when asked. Student will begin to learn competitive “shark drills”.

White/ Green- Student can perform all beginner YBJJ skills and drills when asked (with only minor reminder). Student will be able to perform “shark drills.”

Yellow/Green- Student has obtained a beginner level of YBJJ understanding. Student can perform all beginner BJJ skills and drills when asked and use appropriate skill for position (with only a minor reminder). Student is allowed (**with the instructor’s permission**) to roll with adult white belts and attend adult beginner classes.

Orange/Green- Student has obtained an intermediate level of YBJJ understanding. Student can perform beginner BJJ skills and drills when asked or use appropriate skill for position. Student is allowed to roll with adult white belts and attend adult beginner classes.

Green- A student must be at least **13** years old. Student has obtained an advanced level of YBJJ understanding. Student has gained a solid understanding of beginner BJJ skills and seeks to use them fluidly. Student is allowed (**with the instructor’s permission**) to roll with adult blue belts and attend adult intermediate classes.

Blue- A student must be at least **16** years old with a Green belt w/ 4 stripes.

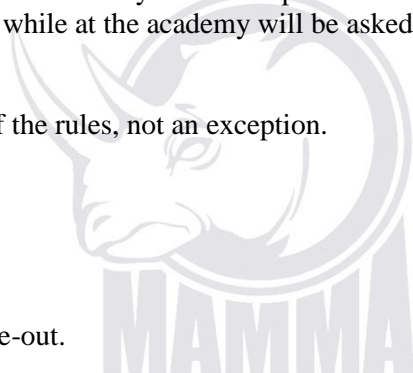
Class Etiquette for Youth and Parents

1. No Shoes or food on the mat at anytime.
2. 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.
3. Keep your fingernails and toenails short for everyone's safety.
4. All students are required to report any injury, health or skin condition to their instructor prior to class.
5. **Be on time**. If you do come in late, change as quickly and quietly as possible. Then, quietly stand by the instructor and wait for his instruction. A good attitude, with respect, will always be rewarded.
6. **Do not disrupt class**. If you walk in while another class is in session, come in quietly and wait for your class to begin without disrupting the other class. Cell phone calls should be taken outside while class is in session. Parents, please do not talk to your children while class is in progress.
7. When Instructor is teaching there should be no talking. When necessary the instructor will give opportunities to ask questions.
8. If you are not an instructor, you should at no time try to teach someone a technique.
9. **Always be friendly**. Introduce yourself to new students or students that you do not know, and make them feel welcome.
10. **Bad Attitudes** will not be permitted at this academy.
11. **Bad Temper** will not be tolerated.
12. **Foul language** of any kind will not be tolerated within the doors of this academy.
13. **Harassment** (picking on others) of any kind will not be tolerated within the doors of this academy.
14. **Absolutely no alcohol or illegal drugs are allowed on the premises**. Any student or parent who is suspected to be under the influence of illegal drugs and/or alcohol while at the academy will be asked to leave and terminated from MAMMA.
15. Any student with rank in YBJJ is expected to be an example of the rules, not an exception.

Rewards for Bad Behavior

1. **1st Time**-Student will be reminded of what is expected.
2. **2nd Time**-Student will be asked to do push-ups or to sit in time-out.
3. **3rd Time**-Student will be **dismissed** from class and will not be counted on their attendance card for that day.

Note: If a student exhibits a habit of bad behavior, they may be stripped of rank or terminated from MAMMA.



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 in YBJJ.

Attendance Card Procedures

Attendance is taken by the instructor at the end of every class. If a student is repeatedly out of uniform, late, or exhibiting a bad attitude, they will be marked absent.

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

Drop Off & Pick Up

Parents dropping off their children should do so at least five (5) minutes prior to class and pick them up within five (5) minutes of the class ending. **A parent or legal guardian must come inside to sign in and sign out children under 12 years of age.** MAMMA instructors are busy before and after class and cannot be responsible for watching unattended children.

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.

Tuition Payments

Monthly tuition is due by the first of every month. If you are signing up for classes prior to the first of the month then your bill will be pro-rated. There is a **late fee of \$10** for any payments after the first of the month. There is a \$25 fee for checks that are returned to MAMMA due to insufficient funds. MAMMA recommends using electronic funds transfer (EFT).

Note: You are responsible for keeping up with your payments.