

sweepscience

550 10th Avenue
Regina

Welcome to Sweepscience! We are pleased you have decided to join us and our affiliate Genesis Martial Arts out of Vancouver, BC.

The following is a welcome package, designed to answer some of your questions and help you feel comfortable at your new Brazilian Jiu-Jitsu club.

What is 'Sweep Science'?

A pun on Boxing, commonly referred to as 'the sweet science', a 'sweep' is the act in Jiu-Jitsu where you reverse an opponent while he is in your *guard*. After much deliberation the name was decided upon as we believed it represents the friendly, clean and technical approach we take to training and helps attract the type of clientele we want at our facility.

Contact information:

Please like us on our Facebook: <http://www.facebook.com/ReginaBJJ>

We also have a private Facebook page that acts as a club bulletin board.

Ask an instructor to add you.

Website: www.reginabjj.com

Phone number: 306 531 4707

Email: john@reginabjj.com Facility Email: contact@reginabjj.com

Social Media: Twitter @ReginaBJJ – Instagram @BJJRegina

Competition:

We recommend all students compete and we will offer a several week long intensive program to have you prepared for tournaments. All students looking to compete must attend regular competition classes and/or roll (spar) twice a week.

Our competition team registers under the team name "sweepscience/Genesis" for all Canadian tournaments and internationally under "Alliance International (Fabio Gurgel)".

Self defense vs. Competition (“Sport”) Jiu Jitsu

We believe in Jiu Jitsu for both self defense and competition. We teach a rotating weekly curriculum that focuses either on self defense, competition or both.

If you were drawn to Brazilian Jiu Jitsu for its effectiveness in a self defense situation, and your first few days/weeks with us began while we were focusing on competition training, know that in the near future we will return again to cover that content.

Why Jiu Jitsu in the Gi (Kimono)?

Brazilian Jiu Jitsu was first developed with the use of the gi as it is more applicable to self defense. In “No Gi” training/competition and in MMA where competitors wear shorts, both competitors cannot grab any clothing, making it not ideal for self defense. Learning Jiu Jitsu in the gi is crucial for self defense, especially as here in Regina we wear an excessive amount of clothing nine months a year to stay warm.

There are many more techniques in the Gi and if you learn Jiu Jitsu in the Gi you can easily compete and train in No Gi. But if you learn “No Gi” Jiu Jitsu, you will not be able to be effective or compete at a high level in the Gi and risk additional damage in a real confrontation as you are unfamiliar with using your aggressors clothing to restrain and control them.

Rolling (Sparring)

We don’t allow our brand new students to free roll until they have a few classes under their belts, although participating is not pressured onto anyone. We do our best to make the classes challenging for the mind and body, but the real benefits and fun that come out of Jiu Jitsu is the time spent after class and at open mat rolling.

It is our humble belief that if you don’t roll you will likely grow bored of Jiu Jitsu and not reach your fitness goals and true potential. If you are nervous to roll, you can ask to just with the instructors where we will let you dip your toes in the water by rolling at low intensity to make you feel comfortable moving forward.

We pride ourselves on having a clean, technical and safe environment. If someone you roll with is being overly aggressive, training too hard and/or sloppily to the point where they are risking injury to you or themselves, please let us know in private and we will deal with it. If you want to roll very hard and aggressively, you should do so in competition, not when practicing in class with your team.

WHY BRAZILIAN JIU JITSU?

Four benefits to training Brazilian Jiu Jitsu

1) It's an amazing workout that doesn't 'feel' like a workout!

Many of our students have lost 25-100 pounds in less than six months without significant change to their diet. These were people who have struggled to lose weight as they found other types of exercise boring, tedious, or difficult to do on their own. It's hard to replicate this type of workout as it is both aerobic AND anaerobic where most sports and workouts are either one or the other. The 5-7 minute rounds of sparring increase your cardio while the pushing, pulling, and gripping during these rounds increase your strength and dexterity.

2) It builds your confidence!

Many of us don't have a background in martial arts and can feel intimidated by potential confrontation, whether it be verbal or physical. This can manifest in other areas of our lives including impact to our self-esteem, confidence, and our relationships. Training Brazilian Jiu Jitsu makes you become comfortable with potential conflict over time, desensitizing you to the shock of confrontation. Once you realize that **you** have the capability to thrive in these types of conditions and can prevail by utilizing proper Jiu Jitsu technique, it will build the image you have of yourself.

3) You make new friends!

For many of us it is difficult to meet new people with common interests. When starting Jiu Jitsu you meet new, down to earth people who interact like an open family readily accepting new members. Once you put on the kimono you are the same as everyone else. Jiu Jitsu combines practical self defense, child-like horse play and technique study into a bonding environment where meaningful, healthy friendships can last a lifetime.

4) It's the most effective martial art in the world!

Even novices are able to control a physical confrontation against a larger, stronger opponent. News outlets around the world are consistently reporting of people defending themselves and others due to their Jiu Jitsu training. You don't need to be athletic or in great shape to apply Brazilian Jiu Jitsu in a real world scenario.

WHAT DO WE OFFER?

Our Value

1) The most training time and classes available in Regina

More classes means our students are spread out during the week, providing you with more one on one personal coaching to ensure you are learning quickly and efficiently. We provide classes morning, noon and night. We rarely ever close.

2) A large, clean facility dedicated solely to Brazilian Jiu Jitsu training.

We have 1200 square feet of training area fitted with top of the line zebra MMA mats used in the best gyms in the world. The mats and our facility are cleaned every day without exception. We are a Brazilian Jiu Jitsu school, not an MMA gym or a fight club.

3) Our students and instructors spar clean and technical.

Sparring is not a fight, it's an opportunity to practice what you have learned with practical resistance. We pride ourselves in having a training facility that strictly follows this philosophy. Our environment is one where people can still train hard with good technique and learn proper, clean Jiu Jitsu. We want all of our members to have fun, learn and arrive home healthy and eager to return.

4) Regular group activities that do not cost you anything extra.

The Jiu Jitsu community is a huge part of living the Jiu Jitsu lifestyle, and we do our best to create a positive, healthy community with a great group of students, friends and coaches. Everyone gets along and enjoys spending time together before, during and after class. We regularly get together to watch UFC and Jiu Jitsu events, have Barbecues, Ping Pong and Board game nights and other random fun events. Our goal is to enrich the lives of everyone that is involved in Jiu Jitsu on and off the mats.

5) A modern curriculum that incorporates new and old Jiu Jitsu.

We teach refined basics and advanced Jiu Jitsu after ensuring that our students have mastered the basics. Our class structure and teaching method is modeled around the best performing Jiu Jitsu clubs in the world.

6) No pressure to purchase anything from us.

Wear any gi with any patches on it that you like. We never pressure any of our students to attend the seminars we host or buy our gis, t-shirts, etc.

Gym Rules and Etiquette:

- 1. Be punctual:** Please try to arrive 10 minutes before class. Ideally you should be changed, taped up and ready to go by the scheduled start time.
- 2. When entering the mat:** Begin by greeting your instructor then your team mates with a handshake.
- 3. Being late:** If class has already started, please wait off the mat until your instructor invites you to join class.
- 4. Keep the mats clean:** No shoes or sandals on the mat. Use sandals (your own or the ones beside the washroom) when stepping into the washroom.
- 5. Let go of your ego:** The gym is not a testing ground for you to prove anything; it is a place of learning.
- 6. When you begin sparring:** it is important to shake your opponents hand as a sign of mutual respect (do this at the end of the round as well.)
- 7. Keep sparring controlled:** Sparring is just that, sparring...It is not a fight. Keep your power controlled, your technique clean, and your partner safe.
- 8. Understand that you responsible for your partner's safety:** It is not important who taps who in the gym. If you catch a submission and your opponent doesn't tap, let it go and move on. Being reckless with your movements will increase chance of injury.
- 9. Understand you are responsible for your own safety.** Other than tapping too late to submissions, people also hurt themselves sparring too hard, using improper technique, and not thinking before moving or transitioning to a different position (IE: Trying to roll out of an ankle lock, twisting their knee). Tap early, stay calm and learn.
- 9. Use your time effectively:** When it's time to train, just train. Drill the technique as much as you can. It's important for your progress that you make the most of your time on the mats.
- 10. Maintain good hygiene: Your gi MUST be washed for EVERY class.** Brush your teeth, shower, and keep your toe/finger nails short (no edge).
- 11. Be a good training partner.** When your partner is practicing a technique, you should not be resisting or making them use excess energy or strength to perform the technique with the belief that making them 'work' for the technique is more 'realistic'. We practice techniques light to work on positioning, timing and to properly digest details. Sparring is when we fine tune the elements of strength, speed and how to adapt to resistance.
- 12. Have FUN and be PLAYFUL.** Learn, play, enjoy and try to get to know people better. We are all here to have a good time and learn the most effective martial art.

Tips for advancing your Jiu-Jitsu

“Regardless of your experience level in Jiu-Jitsu, everyone can benefit from the following tips. These tips helped me get to where I am today.” -John

1. **Talk to your instructors.** If there is a problem with someone or something in the gym, if you need extra coaching or help, please let us know.
2. **Use your class time effectively.** Focus on technique and drill it as much as you can.
3. **Move to learn.** If you can't see what the instructor is showing, move around so you can get a better look. Ask to see it again if you don't think you are grasping it.
4. **Show up to as many classes as you can.** Roll and drill even if you are tired or unmotivated, just reduce the intensity.
5. **Open up during rolling.** One of the biggest things that will help your progress is experimenting with new techniques, positions, and concepts. Locking down onto your opponent, balling yourself up and/or doing whatever you can to stall matches with the objective to just not get submitted is doing nothing for your partner or your own progress. Just tap when you are caught and learn. Tapping is only important in competition. Jiu Jitsu is fun once you are good, let's get you there quickly.
6. **Be controlled and relaxed.** There is a time to pick up the intensity, but it has to be clean, controlled and technical. Being overly explosive and sloppy will not only tire you out extremely fast, but will also endanger your training partners and your own health. It's just not good Jiu-Jitsu. We want to keep everyone on the mat, training, learning and working towards their goals- not on the sidelines because of injuries. We've seen too many people injured in the past to tolerate this type of training happen at our facility.
7. **Keep your mind on Jiu-Jitsu when you aren't training.** I would suggest looking at competition footage on YouTube of today's top competitors and analyze how champions are playing the positions you use in class. Also look into BJJ lifestyle videos such as “BJJHacks” on YouTube. If you are going to look up techniques, I would suggest only watching videos by today's high level competitors.
8. **Invest in Jiu-Jitsu literature.** We recommend “University of Jiu-Jitsu” by Saulo Ribero.
9. **Take notes after class.** The techniques we show are things that the brightest and most technical minds in Jiu-Jitsu are teaching today. Taking notes helps you digest the content and help your retain information, even if you don't go back to read it.
10. **Maintain a good diet.** If you want to train a lot, you also need to help your body by keeping inflammation down and staying hydrated. We suggest drinking **lots** of water, eating a good amount of fruits and vegetables, and refraining from processed foods, pop, refined sugars and dairy. You will notice a difference.

INSURANCE

We receive subsidized insurance through SASKBJJ. As such, every student **must** be registered under SASKBJJ to be insured.

The membership is \$25 a year (20 for children) and you can register at www.saskbjj.ca

This insurance membership has a lot of benefits including:

- It is required to compete in any tournament in Saskatchewan
- If injured in any competition or during training anywhere in the world you are covered for up to 5 million dollars
- If someone sues you due to something Jiu Jitsu related (IE: Accidental cause of injury), SASKBJJ will cover you.
- You are supporting the growth of Brazilian Jiu Jitsu in Saskatchewan

Please review the full policy and insurance information at www.saskbjj.ca

If you have trouble registering, please let us know.