

tors and bow. Step onto the mat as a sign that you are ready to train.

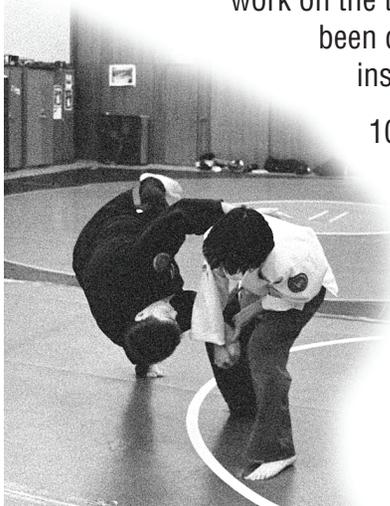
3. When the instructor asks the class to line up, line up behind the ranked students.
4. Classes begin with some basic stretches.
5. We will usually start up with some brief calisthenics (such as jumping jacks, jogging, medicine ball, or ground exercises).
6. We will run through some basic strikes. Go as slow as you like – you are here to learn.

Don't be nervous about 'screwing up;' we are quite casual and forgiving!

7. After strikes, we will often do some falls and rolls to loosen up the body. If you do not know how to do falls or rolls (most people do not), don't worry... an instructors will go through them with you.
8. After we practice falling, everyone will sit to the back of the mat in seiza (or cross-legged), as the instructor goes over the day's agenda and proceeds with answering questions.

9. Everyone will break off with a partner and work on the techniques that have been demonstrated by the instructor.

10. If this is one of your first classes, an instructor will come around to get your name and E-mail, along with some paperwork that MIT requires all students to fill out.



11. At the end of class, everyone will line up, and the class will bow to the front of the dojo as a sign of respect.

How often do I need to come? You are welcome to come whenever you want. However, to make progress, it usually requires that you show up 2 to 3 times per week. Some members, looking to progress more quickly, show up more. As with any physical or mental skill... the more you practice, the faster you will progress, and the better you will become.

What if I have medical problems? Let the instructor know of any medical problems you might have before training in Jiu Jitsu. If you have any previous medical problems that might adversely affect your training, you may need a doctor's note to continue (heart disease, limited lung function, major surgeries, etc...). As with any exercise, it is a good idea to consult with your doctor before continuing.

Can I just sit and watch? Absolutely, but you are more than welcome (and encouraged) to get on the mat and workout.

I have more questions. Who do I ask? Our web page has an FAQ that is quite comprehensive. You may also ask any student or instructor. We are happy to answer your questions or address your concerns. If you would like to ask questions in a more discrete manner, either let an instructor know, or send the head instructor an E-mail at sensei@mit.edu or visit <http://web.mit.edu/jiu-jitsu/>. All classes are located in the Wrestling Room (2nd floor, DuPont Gymnasium).

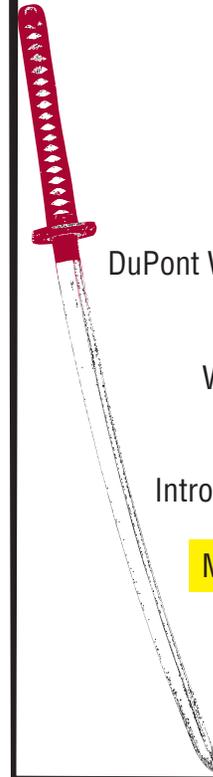
We look forward to seeing you on the mat!

- Officers, Students, and Instructors
of the MIT Jiu Jitsu Club.

American Jiu-Jitsu

Self-Defense at MIT

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DuPont Wrestling Room,

Monday - Intro } 9-11pm
Wednesday - Intro }
Sunday - Review 3-5pm

Intro course begins,

Monday, September 10, 2012

web.mit.edu/jiu-jitsu
self-defense@mit.edu

The MIT Jiu Jitsu Club trains in practical modern and traditional self-defense. Specifically, our curriculum and rank structure builds upon the American Jiu Jitsu System of Self-Defense.

We are open to anyone willing to learn in a fun, safe environment. In addition to self-defense, ancillary benefits include: better health, stress management, increased self-confidence, strength, and endurance. We have created this document in the hopes that it may aid you in the beginning stages of your journey into the martial art of Jiu Jitsu.

What should I expect during my first class: Unless a class is advertised as being the first class of the term, or a beginners' class, you may see any variety of things. You may see/partake in a class focusing on:

Striking & Blocking,

- American & Muay Thai kickboxing, Hakko Ryu

Combinations & Throwing,

- Hakko Ryu, Judo, Aikijujutsu

Street Survival (Weapon Defense and Use),

- Filipino arnis, knife, gun, police baton

Pinning & Ground Fighting,

- Hakko Ryu, BJJ, Judo

Locks & Holds,

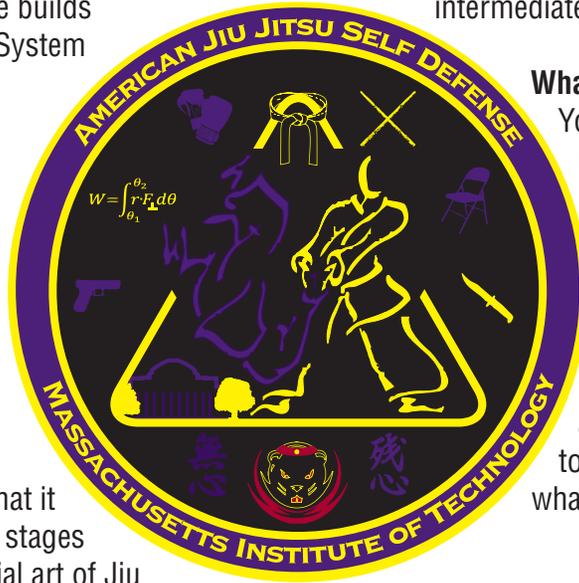
- Law enforcement, Hakko Ryu, Aikijujutsu

Basic Self-Defense Tactics,

- Hakko Ryu & Kokusai Jujutsu.

We will always accommodate beginners as best we can, but some classes are definitely geared

toward more advanced students (Thursdays). Don't let this frustrate you; we always alternate advanced, intermediate and beginner topics.



What type of discipline is there?

You should be mature enough to know what is and is not appropriate behavior. As a new student, we do not want you to worry too much about formalities. You will learn what is expected of a student, in terms of behavior, attitude, and aptitude with time. We are here to learn and have fun – and that is what we expect of you.

-Dojo Etiquette-

Bowing – We bow to the front of the room, to the instructor, when stepping on the mat, and to other students as a sign of respect as well as for safety.

Responding – When responding to a black belt, refer to them as sensei (teacher)... such as in “Thank you, Sensei,” or “Yes, Sensei.” When referring to anyone of higher rank, refer to him or her as sempai (older student).

Mutual respect – Always show the utmost respect to anyone and everyone! Never let your temper flare. Never do something out of frustration. We are all here to learn and to have fun! Safety is always our first priority.

Safety – Safety is our number one concern. Having a fun, enjoyable class is a close second. Learning something new... that comes with one and two. We guarantee you'll get all three, as long as you always keep safety in mind. If you are unsure of something, ask. If you feel something is unsafe, let an instructor

know immediately. Always let the instructor know of any previous injuries or medical conditions. If you receive a cut, make sure to cover the injury and clean up before continuing practice. If you feel uncomfortable doing something, don't do it until you feel comfortable.

Confrontation – Any sign of escalating confrontational behavior (abusive language, challenges, etc...) will lead to immediate dismissal. We are not a fight club. We are here to learn self-defense in a safe environment.

-Your First Class-

What to wear: Wear standard workout clothes (such as sweats, sweat shirt, etc...) or a gi if you have one. It is suggested that you wear pants and not shorts. Sneakers may not be worn on the mat; however, you may wear socks or wrestling shoes if desired.

Who to talk to: Anyone, but let one of the instructors know who you are, and if you have any previous experience or medical conditions before the class starts. If the instructors are unable to speak with you before class, they will come introduce themselves during class. You must also sign a waiver before your first practice.

How are classes run?

1. After you walk into the dojo (workout room), take off your shoes.
2. Make eye contact with one of the instruc-

