





We strive to maintain the teachings of Brazilian Jiu Jitsu and to practice and teach in the physical, mental and spiritual way formulated by the late Helio Gracie. It is the elevation of an art to principle through:

- Developing the maximum efficient use of body and mind
- Developing self respect and respect for others
- Developing self control and rational thought
- Development of a professor-knowledge to enable the fighter (lutador) to judge his or her own efforts in order to diminish the effect of victory or defeat, and to develop a concept that all experienced is a positive learning process.

Our mission is to provide an opportunity to develop physically with confidence in their abilities; to learn sportsmanship; to test their physical attributes; while developing positive attitudes and respect for themselves and others

A Letter to Our Students

Dear Student,

As one of our newest members, I'd like to personally welcome you to the exciting world of martial arts. Along with receiving some of the best instruction in martial arts, you can also take advantage of the weight training facility to increase strength, cardio vascular conditioning and flexibility. Our instructors are here to answer any questions you may have during your development and the pursuit of your fitness goals as we have everything needed to take a fighter all the way.

As you continue to study at Judokaa Difference, you will find that your decision to join us will reward you in many ways that you may have never thought of. You'll find that most of the students here could tell you of the many personal benefits that they themselves, or their children, have experienced through martial arts training practice. I have personally seen and experienced this growth through myself and my family. My son Matt has travelled all over the world participating in both national and international tournaments and training camps; while I have met and accomplished my own goals by becoming a NCCP certified coach; thus allowing me to open my own club.

If at any time you have a special concern or question, please do not hesitate to ask myself or one of the other Sensei's (instructors). We take pride and interest in every one of our students and will be glad to help in any way possible. Our family-like atmosphere is enjoyed by all members of the club.

Again, thank you for choosing Judokaa Difference, and welcome to the club.

Sincerely,

Sensei Kevin Ausman,
Chief Sensei and Owner,
Judokaa Difference

Judokaa Difference Club Instructors

Judokaa Difference Club Rules

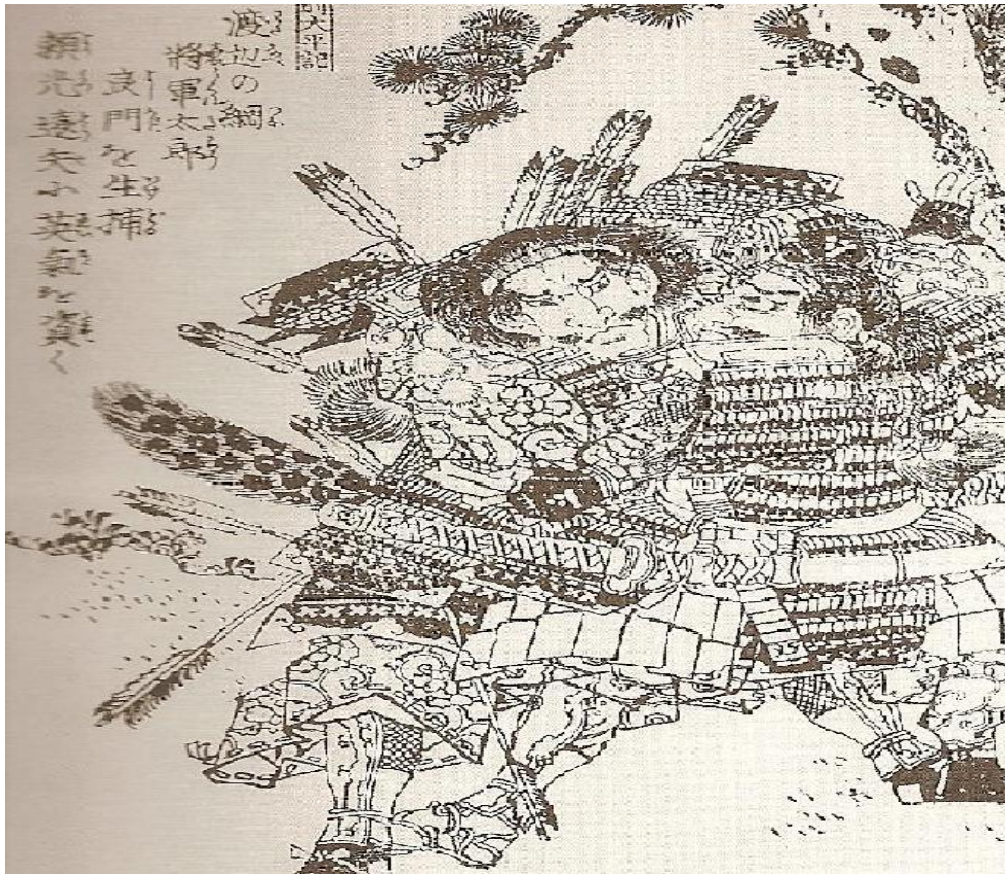
1. All fighters (lutador) will bow both on entering and leaving the mat area.
2. If arriving late, stand off the matted area until you are invited on.
3. All jewellery must be removed before training.
4. Personal cleanliness is a must. Keep fingernails and toenails short; keep feet clean.
5. All fighters (lutador) must wear a clean BJJ gi.
6. Students will at all times conduct themselves with courtesy, both inside and outside the dojo.
7. Students will not criticize other students.
8. If class has begun, any student wishing to leave the mat area must ask for permission.
9. Always wear footwear off the mats.
10. Excessive loudness and laughter in the dojo is not allowed.
11. Do not use profanity.
12. Always look after your junior.
13. Refrain from misusing your knowledge of BJJ.
14. Keep your temper at all times.
15. All black belts, while on the mats, must be called "Sensei" (Professor).

History of Brazilian Jiu Jitsu

The history of Brazilian Jiu Jitsu (BJJ) goes back through the Gracie family to their original teacher, Mitsuyo Maeda (Conde Coma) and his training in the Kodokan, the home of Judo. First, a brief history of the creation and evolution of Judo.

JUDO

Judo is the creation of Jigoro Kano (1860-1938). Jigoro Kano was a highly educated man (he is considered the founder of the modern Japanese educational system) that sought to combine and preserve the ancient martial traditions of Japan. Kano refined the techniques he had learned primarily from two traditional systems, the Tenshin Shin'yo Ryu and the Kito Ryu, and founded his own style, Kodokan Judo in 1882. One of the most important innovations in Kano's Judo was the emphasis placed on "randori", or non-cooperative free sparring practice. The majority of the ancient Jiu-Jitsu styles based their training on pre-arranged sequences of attack and defense known as "kata". Although Kano acknowledged the value of kata practice (kata training is present in Judo training to this day), he also realized the absolute necessity of learning to apply techniques in the most realistic manner. Randori allows the practitioner to develop the mindset and technical proficiency needed to apply techniques against fully resisting opponents in as realistic a venue as safety allows. Kano's new style was put to the test in the famous tournament of 1886, hosted by the Tokyo Police. Of the 15 matches pitting Kodokan Judo fighters against fighters of various classic styles of Jiu Jitsu, the Kodokan won 13 matches and tied the other two. Kano's hybrid martial art and revolutionary methods of training had proven most effective.



Warriors grapple on the Battlefield



Judo founder, Jigoro Kano

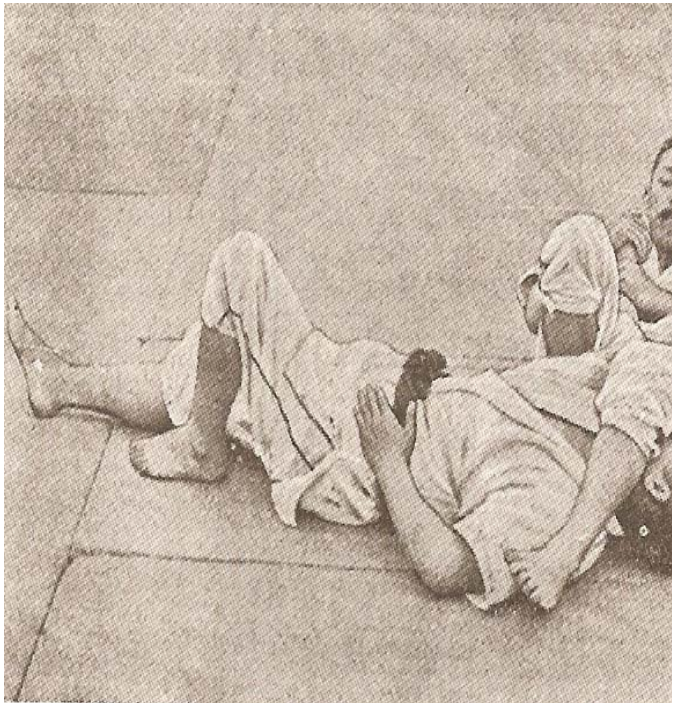
For several years, Kodokan Judo reigned supreme. All subsequent challengers representing traditional styles were defeated, and the superiority of Kodokan Judo appeared unassailable. Then, about the turn of the Nineteenth Century a monumental event occurred when the Kodokan was challenged by a man named Mataemon Tanabe. Tanabe was the headmaster of an obscure system of classical Jiu Jitsu, the Fusen Ryu. The Fusen Ryu was unlike the other Jiu Jitsu styles that had sought to test their techniques against the Kodokan; Fusen Ryu fighters were expert at fighting on the ground, an area conspicuously lacking in the Kodokan syllabus of technique (up to this point in its evolution, Judo techniques were almost entirely composed of stand up throwing methods). In the matches that followed, all representatives of Kodokan Judo were taken to the ground and submitted by the fighters of the Fusen Ryu. The results of the Kodokan-Fusen Ryu matches highlighted the relevance and importance of ground fighting techniques in dramatic fashion, and Kano invited Tanabe to teach ground grappling at the Kodokan. Ground fighting became very popular at the Kodokan, and all students began practicing both throwing and ground grappling techniques. At about the time the grappling techniques of the Fusen Ryu entered the Kodokan curriculum, a young man named Mitsuyo Maeda began his Judo training.



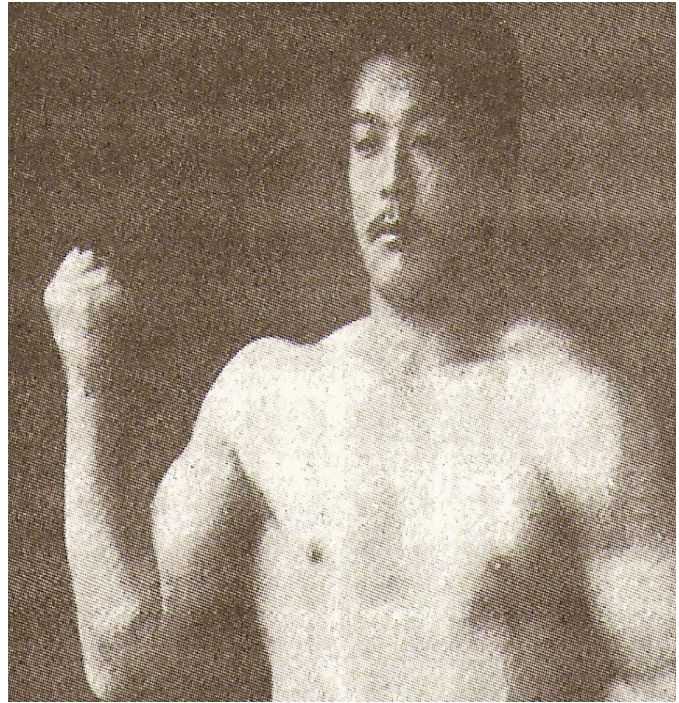
Takeda Motosuge, founder of Fusen Ryu

MAEDA

Mitsuyo Maeda (1878-1941) was a martial arts prodigy who eventually became one of the greatest fighters in the history of Judo. Maeda originally practiced classical styles of Jiu Jitsu, eventually entering the Kodokan to study Judo. After remaining undefeated in Judo tournament competition, Kano sent Maeda to the U.S.A. in 1904 to spread the message of Kodokan Judo. Over the course of his career, Maeda fought in literally hundreds of matches, grappling with and without the gi, and fighting in "mixed" matches (that included striking and kicking, commonly referred to as "no-holds-barred" fights). During his travels, Maeda fought in the United States, Great Britain, continental Europe, Cuba, Mexico and finally Brazil. Throughout his career as a professional fighter, after engaging in over 1,000 free fights, Maeda retired without ever losing a match. The culmination of Maeda's training in classical Jiu Jitsu and especially Judo, tempered by his extensive combat experience against all types of challengers, resulted in a realistic, street effective method of fighting.



Mataemon Tanabe, fourth headmaster of Fusen Ryu



Mitsuyo Maeda

THE GRACIES

Mitsuyo Maeda finally settled in Brazil and opened an academy of "Jiu Jitsu". One of his students was a young man named Carlos Gracie. After studying with Maeda for several years during the 1920's, Carlos opened his own academy in 1925. Carlos and his brothers established a solid reputation by issuing the now famous "Gracie Challenge". All challengers were welcome to come and fight with the Gracies in no-holds-barred (NHB) matches. The Gracie fighters emerged victorious against fighters of all different backgrounds. The Gracies continued to develop the strategies and techniques they learned from Maeda, honing their skills with the realities of real fighting.

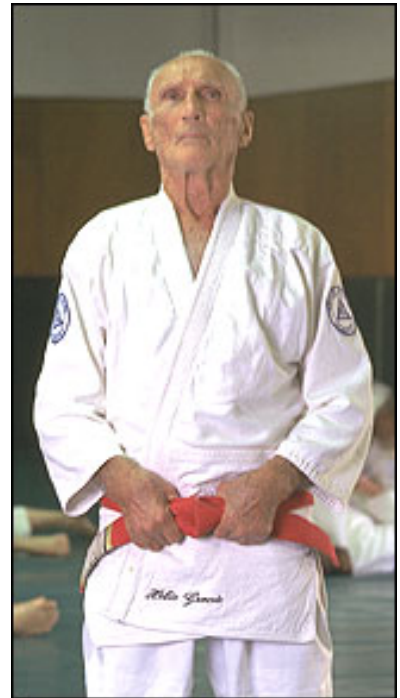
Several members of the Gracie family began to immigrate to the United States in the late 1980's. BJJ became world famous in the mid 1990's when Royce Gracie won a string of victories in the early Ultimate Fighting Championship (UFC) competitions, an event pitting martial artist and fighters of various disciplines against each other in an NHB format. Shortly after, Royce's brother Rickson went undefeated in similar events in Japan, and other members of the Gracie clan were equally as successful in MMA events around the U.S. It became quickly apparent that fighters versed only in punching and kicking lost every time they faced a BJJ trained opponent. At present, all fighters in open rules events (now popularly called "mixed martial arts" or MMA) train in BJJ to some extent. The emergence of the Gracies and their particular brand of Jiu Jitsu, with its time tested and proven effectiveness in challenge matches and MMA fights, has had a major impact on martial arts worldwide.

BRAZILIAN JIU JITSU

Brazilian Jiu Jitsu, although obviously similar in many respects to Judo and other traditional systems of Japanese Jiu Jitsu, differs in some fundamental ways from all other related systems. Judo was originally designed as a powerful system of self-defense that also included a sportive component and the idea of self-cultivation and the mutual benefit of members of society. Presently, although the techniques of Judo may certainly be applied in real fighting situations (and many practitioners of "sport" Judo have applied their skills very effectively in non-sportive confrontations), the emphasis in most schools is on sport competition. During the course of the last century the rules of Judo began to emphasize means of achieving victory in competition that did not necessarily reflect the conditions of all in fighting. For example, a Judo match may be won by a throw or a pin hold without a submission. These rules and limited groundwork that forbids many of the original submission holds found in early Judo somewhat limit direct applicability to street fights. Other styles of classical Jiu Jitsu are still plagued by the original problem Kano addressed with his emphasis on randori, namely, technical training is limited to kata practice.

Brazilian Jiu Jitsu has followed a different course in the last 80 years. The Gracie challenge and participation in countless free fighting events has led to a different emphasis in fighting strategy and the development of unique rules for BJJ sport competition. Brazilian Jiu Jitsu is divided into three broad categories, each mutually supportive of the others; self-defense (including striking techniques and unarmed techniques against armed opponents), free fighting competition (commonly referred to as "vale tudo" or "anything goes" events, now popularly called MMA), and sport grappling with and without the gi (matches that include a wide range of submission holds, but no striking). Even the rules of sport grappling matches are designed to ingrain the proper strategy to be applied in the street. For example in a sport BJJ match, points are awarded based on achieving superior positions, positions from which not only grappling techniques can be more readily applied, but also from which strikes may be applied or defended. Students naturally seek the positions that will garner them the most points, thereby constantly reinforcing the most efficient strategy for real life confrontations. This "position-submission" strategy has proven to be the most effective for real life confrontations.

The overall fighting strategy of Brazilian Jiu Jitsu is designed to equip a physically smaller or weaker individual with an effective method of defending against a larger and stronger attacker. When applying BJJ techniques, leverage is paramount, as leverage is the secret to the amplification and most efficient use of force. BJJ also has the most developed methods of fighting while on one's back, a position weaker fighters will often find themselves when attacked. The innovations of the Gracie family, most notably by grandmasters Carlos and Helio Gracie, and continuing with BJJ fighters today, through constant testing and refinement in the crucible of actual fights, has resulted in this unique style of Jiu Jitsu.



Helio Gracie, patriarch of Gracie Jiu Jitsu

Basic Terminology

COUNTING

OneUm
TwoDois
Three.....Tres
FourQuatro
FiveCinco
SixSeis
Seven ...Sete
EightOito
NineNove
TenDez

HONOURIFICS

TeacherProfessor
SeniorMais Velhor
JuniorJunior
FighterLutador
CoachTreinador

EXPRESSIONS

YesSim
NoNoa
Please ..Par Favor
StartComeca
StopParou
Battle ...Combate

COMPETITION

PointPontos
PenaltyPenalte
Disqualification ...Disqualificado
Continue ...Continuar

Time is up ...Tempo Terminou
MountMontar
Side Control ...Control De Lado
Back Control...Control De Costas

IN CLASS

SchoolEscola
BeltCinto
Uniform.....Uniforme
RightDireito
LeftEsquerdo
FrontFrente
Backwards.....Para Tras
Breakfalls.....Cair Partir

The Dojo

(The place of training)

A dojo, like a home, is a safe and nurturing environment where fighters (lutador) grow and learn. How we treat its surroundings and its members can be reflected in one's development as a fighter. All dojos should be treated with pride and respect.

The Roles of the fighter (lutador)

The instructing *sensei* or professor has complete authority over the class while on the mats. The *fighter* or students must abide to the teachings and instructions of the sensei. *Senpai's*, or senior students, take responsibility for the progress of their *fighters*, or juniors, and help out with instructing and training. Sensei's and Senpai's are accountable to see that the standard of BJJ is kept rising steadily. Their instructions are to be obeyed *but* must produce results for the overall betterment of the fighter, the team, and most importantly -- the dojo. In addition, Sensei's and senpai's never give reasons for their instruction. The fighters are left to find out the reasons for themselves as they progress. This will make them more capable as they advance in BJJ, giving them the ability to spot and correct faults of other fighters when they become senseis and/or senpai's.

Fighters have the responsibility of accepting the teaching and instructions of their sensei's and senpai's. They are to understand that their sensei's and senpai's are responsible for their growth and development and therefore fighters are to remain obedient to their seniors' words.

The Atmosphere of the Dojo

Although the dojo is a place of learning and discipline, Judokaa Difference emphasizes the importance of keeping a light, cheerful and humorous atmosphere. By doing so, members will feel that they are contributing to the dojo and will be more willing to lend a helping hand and take on responsibilities.

This is the Judokaa Difference!

Courtesies

Shaking of Hands

We begin and end our BJJ training session by shaking of hands. This is the manifestation of our sincerity and of the respect we have for our opponent.

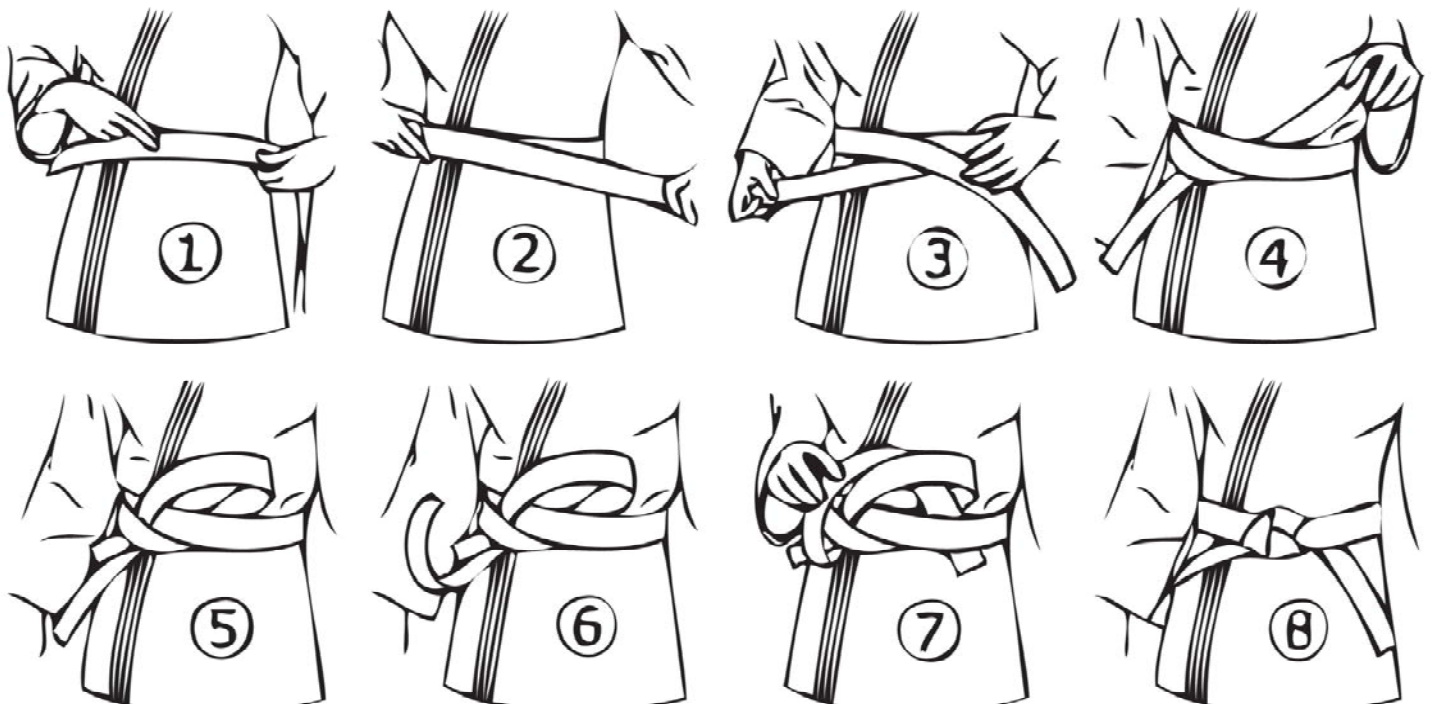
The Standing Shake of Hands

- The BJJ participants stand a few feet apart facing each other in proper posture
- They will shake hands and return back to their fight position
- This is mandatory both before and after the session is completed.

The Kneeling Shake of Hands

- The BJJ participants kneel a few feet from each other with their feet together and underneath their buttocks
- They will shake hands and return back to their fight position
- This is mandatory both before and after the session is completed.

Belt Tying Procedure



Grading System

As a fighter (lutador), your ultimate goal is to attain a black belt. The earliest possible opportunity is shortly after you reach the age of 19, with a minimum of 1 year ranked as a brown belt to be eligible. Keeping this in mind, and knowing that some children begin training as early as four (4) years old, we have modified the five belt system to accommodate the time it will take for the young to reach the appropriate age in order to attain their black belt. The changes help the young with mini-goal setting and defer the need of a belt colour change. During a promotion, the youngsters receive stripe(s), where as older students will receive a colour change.

ADULT BELT RANKING SYSTEM

Current Belt	Next Belt	Requirements
White	Blue	Minimum 20-30 classes and 60% on exam
Blue	Purple	Minimum 40-50 classes (as blue belt) and 70% on exam
Purple	Brown	Minimum 60-80 classes (as purple belt) and 90% on exam
Brown	Black	Minimum 80-100 classes (as purple belt) and 95% on exam

CHILDREN BELT RANKING SYSTEM

Current Belt	Next Belt	Requirements
White	Yellow	Minimum 20 classes and 60% on exam
Yellow	Grey	Minimum 40 classes (as yellow belt) and 70% on exam
Grey	Blue	Minimum 60 classes (as grey belt) and 80% on exam
Blue	Purple	Minimum 80 classes (as blue belt) and 90% on exam
Purple	Brown	Minimum 90 classes (as purple belt) and 90%-95% on exam
Brown	Black	Minimum 90 classes (as brown belt) and 95% on exam

***Note:** 4-8 year olds will go through the stripe system between ranks. There are usually 20 classes between stripes

THE STRIPE SYSTEM

Current Stripe	Next Stripe	Requirements
First	Second	20 classes and learned breakfalls and rolls
Second	Third	+20 classes and learned ground holds
Third	Fourth	+20 classes and learned first four throws for belt level
Fourth	Belt Colour Change	+20 classes and learned last four throws for belt level

