

Atlas Jiu Jitsu Student Handbook

No-Gi Training Facility

Welcome to Atlas Jiu Jitsu

We're excited to have you join our community. Atlas Jiu Jitsu is a no-gi Brazilian Jiu-Jitsu academy focused on technical excellence, safety, and personal growth. Whether you're here for self-defense, competition, or fitness, we're committed to helping you reach your goals in a clean, respectful, and high-performance environment.

Mission Statement

Our mission is to provide world-class no-gi Brazilian Jiu-Jitsu instruction in a safe, inclusive, and disciplined environment. We emphasize respect, humility, and continuous improvement—on and off the mats.

Core Values

- Respect: For instructors, training partners, and the art.
- Safety: Through hygiene, controlled sparring, and injury prevention.
- Growth: Technical progression and personal development.
- Community: Supporting one another through shared goals and values.

Academy Etiquette

On the Mat

- No shoes on the mat; wear sandals off the mat.
- Arrive on time. If late, wait for instructor permission to join.
- No coaching from the sidelines unless asked.
- Always thank your partner after rolling.
- Be mindful of space and others during drills and sparring.

Uniform & Attire Guidelines (No-Gi Only)

Required Training Gear

- Rashguards: Must be clean, snug-fitting, and made of moisture-wicking material. Long sleeves are preferred for hygiene and skin protection.
- Grappling Shorts: Must be specifically designed for no-gi training. They must be free of pockets, zippers, buttons, or metal loops; have a secure waistband; and be made of durable, flexible material.
- Spats (Compression Pants): Optional but encouraged. Must be worn under shorts if used.

Prohibited Items

- Loose-fitting athletic shorts (e.g., basketball shorts).
- Shorts with pockets or hardware.
- Tank tops, cotton t-shirts, or sleeveless shirts.
- Jewelry, watches, piercings, or accessories.
- Dirty, torn, or smelly gear.

Hygiene & Health Protocols

Personal Hygiene

- Shower immediately after training with antibacterial soap (e.g., Defense Soap, Hibiclens).
- Keep nails trimmed and clean.
- Use deodorant and maintain oral hygiene.
- Wash all gear after every session.
- Do not train if you're sick or have open wounds.

Common Grappling-Related Skin Conditions

- Ringworm: Fungal infection causing red, itchy patches.
- Staph Infection (including MRSA): Bacterial infection that can be serious if untreated.
- Impetigo: Highly contagious bacterial skin infection.
- Herpes Gladiatorum: Viral infection common in contact sports.
- Folliculitis: Inflammation of hair follicles from friction or bacteria.

- If you suspect any of these conditions, notify an instructor and seek medical attention immediately. Do not train until cleared.

Training Guidelines

- Tap early, tap often. Respect the tap.
- Train with control, not aggression.
- Match intensity to your partner's level.
- Ask before rolling with someone new.
- Do not teach unless authorized by an instructor.
- No slamming, neck cranks, or twisting leg locks unless permitted in advanced classes.

Rank and Promotion

Atlas Jiu Jitsu uses a no-gi ranking system based on skill, time on the mat, and contribution to the academy. Promotions are earned through:

- Technical proficiency
- Consistent attendance
- Positive attitude and teamwork
- Competition performance (optional)
- Note: Asking for promotions may delay them.

Class Structure

- Fundamentals: Core techniques, movement, and positional control.
- Advanced: Strategy, submissions, transitions, and leg lock systems.
- Open Mat: Informal training; respect others' space and intensity.
- Competition Prep: High-intensity drilling and situational sparring.

Code of Conduct

- Be inclusive and supportive of all students.
- Leave personal conflicts outside the academy.

- No bullying, harassment, or discrimination.
- Help maintain cleanliness—pick up after yourself.
- Represent Atlas Jiu Jitsu with pride and humility.

FAQs

Q: Am I too old to start?

A: Absolutely not. BJJ is for all ages and fitness levels.

Q: Do I need to be in shape first?

A: No. Training will help you get in shape.

Q: Can I visit other gyms?

A: Yes, but always ask permission and follow their etiquette.

Q: What if I get injured or sick?

A: Notify your instructor immediately and rest until fully recovered.

Contact & Support

If you have questions or concerns, please speak with an instructor or email us at atlasjiujitsu90@gmail.com.