

Your First Class

What to expect

Each class starts with a 5 minute warmup and stretch. Then we learn a few new techniques, and do some positional drilling. Each class finishes with 20-30 minutes of live sparring, which is called “rolling.” After class, we will leave the mats open for 10-15 minutes to allow for stretching and additional rounds.

Rolling on your first few classes is optional, but encouraged. You should watch the first couple of rounds to get a sense of what rolling is supposed to look like.

Here is an additional (optional) resource to help you to prepare for your first class:

<https://diazcombatsports.com/2020/01/the-basic-positions-submissions-used-in-brazilian-jiu-jitsu/>.

First Class Checklist:

1. Show up 20 minutes early.
2. Sign the liability waiver (in person).
3. Read the student rules document.
4. Bring the appropriate clothes (shirt, shorts with no pockets, velcro or zippers, and flip flops).