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## **Welcome to McMahon Brazilian Jiu-Jitsu**

We thank you for choosing McMahon Brazilian Jiu-Jitsu as your school. We are dedicated to helping you and your child learn the philosophies and attitudes of Brazilian Jiu-Jitsu and gain the discipline and defense skills that it offers.

The following information will better prepare your child for their training with our school and instructors. Our professional staff and their assistants are here to help and guide your child toward greater self-confidence and better physical conditioning.

Martial Arts training will improve your child's balance, coordination, flexibility and reaction speed. The MBJJ method gradually guides your child to increased confidence, mental discipline, self-defense and much more! Brazilian Jiu-Jitsu is the fun way for your child to get in shape and stay in shape, while learning the tools of personal protection.

Our mission is to make our students more successful in life through their practice of Brazilian Jiu-Jitsu at our school. We do this by teaching Brazilian Jiu-Jitsu as a complete discipline (mind, body, and spirit). Which, in addition to developing physical defense, encourages the formation of high personal standards and respect for fellow men and women. Through our practice and teaching we strive to produce individuals who are positive, respected, and contributing members of society.

We have an open door policy – therefore, if there is anything we can do to further assist you, or if there is anything you wish to discuss (problem, concern, or a compliment), please feel free to speak with one of us.

Once again, thank you!

Sincerely,

McMahon BJJ Instructors and Staff

## **PHILOSOPHIES**

Without philosophy, Martial Arts would be little more than street-fighting. At MBJJ we teach and emphasize a series of basic life skills that challenge our students throughout not only their Martial Arts training but also their everyday lives.

Students are taught to be respectful and polite towards their parents, siblings, teachers and elders. They are also taught the importance of learning and doing their best in school.

Our primary philosophies are embodied in our Mission Statement and Student Creed.

## **MCMAHON BRAZILIAN JIU-JITSU MISSION STATEMENT**

Our mission is to make our students more successful in life through practice of the Martial Arts.

We do this by teaching Brazilian Jiu-Jitsu as a complete discipline, uniting mind, body and spirit. This approach develops physical defense while encouraging the formation of high personal standards of behavior and respect for fellow men and women.

Through the MBJJ methods and highly motivated teaching we strive to develop individuals who are positive and respected contributing members of society.

## **STUDENT CREED**

*I intend to develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.*

*I intend to develop self-discipline, in order to bring out the best in myself and others.*

*I intend to use what I learn in class constructively and defensively, to help myself and others and never be abusive or offensive.*

(The student creed is stated at the end of every class. Students are expected to have the student creed memorized within the first month of classes.)

## **GENERAL TOPICS**

### **ATTENDANCE & SCHEDULING**

Rank and age divide all classes at MBJJ. 4-6 year olds and 7-12 year olds train separately, this way everybody works with a peer close to their own skill level. We highly recommend that you attend class on consistent days and times each week to make your attendance with our school part of your weekly schedule. However, if your schedule changes and you wish to attend a different class time, please feel free to do so. Also, if you miss a class or two (maybe due to vacation or illness), please try to make them up by coming an extra day for a week or two. Remember, contrary to what one might believe, coming too often to class could be counter-productive. The key is to be consistent and balanced; if you spend too much time at Jiu-Jitsu, other areas in your life will become unbalanced.

Students are expected to attend MBJJ just like they are expected to attend regular school or work. Remember; in order to realize the long-term benefits of Martial arts training it is important to train consistently. Occasionally a student won't want to come to class. If this occurs more than once or twice, please notify an instructor so that we can re-motivate, educate, and reaffirm their goals.

### **VIEWING CLASSES**

Parents, visitors, friends and family are encouraged to watch class. We only ask that you respect the class by remaining quiet and that if you are bringing younger children that you keep them quiet and under control. Parents: if you are unable to stay and watch classes, we ask that you drop your children off only a few minutes prior to the class and pick them up immediately following class. The school becomes very busy around class times and we cannot be responsible for watching unattended children who are not in class.

### **GUEST PASSES**

The highest compliment that a person can give us is the referral of a family member or friend. If you have a friend or know of somebody that would benefit from our program, please give him or her a VIP guest pass. Explain to this person that the VIP Guest Pass will entitle them to 2 weeks of Brazilian Jiu-Jitsu lessons with the purchase of uniform, compliments of you. Encourage them to call the school and make an appointment for their first orientation class.

## **HOLIDAYS AND SPECIAL EVENTS**

McMahon BJJ will be closed on all major holidays, including the period from Christmas Eve through New Year's Day. Some classes may be cancelled with prior notice for special events such as tournaments, seminars, clinics, and teacher workdays. In every case, missed classes can be made up at the student's discretion either prior to or following the missed or cancelled class.

## **LOST AND FOUND**

If you have left something behind, we do have a Lost and Found. Please see your instructor or someone at the front desk and they will try to help you locate your item. All items are held for four weeks before being donated.

## **MOTIVATIONAL CHALLENGES**

It is important to remember that almost everyone who earns a Black Belt at some point during his or her training considers quitting. It is normal to have peaks and valleys in our training, especially since Martial Arts are a year-round activity whereas most other activities are seasonal. We sometimes hear that it is challenging for parents to get their children to class. As long as the student still has fun while they are here, then there is not too much to be concerned about. We find that children often have trouble switching gears from one activity to the next, but as long as Brazilian Jiu-Jitsu is still enjoyable for them, then a little difficulty getting them to class now and then is not a major issue. However, if a student complains excessively about coming to class, or says they don't enjoy coming anymore, then you should tell their instructor immediately so we can find out what needs to be done to re-motivate the student. We find that students may lose motivation simply because they have other activities (playing with friends or a favorite TV show) at the same time as class. Sometimes students just lose sight of their goals and need to re-affirm them. During periods of low motivation it is helpful to know that no one who has earned a Black Belt has regretted it, and that "a Black Belt is a White Belt who never gave up!"

## **MAT CHATS**

The real job satisfaction here at McMahon BJJ is helping individuals to grow and develop. If a student needs some extra input, advice, mentoring, guidance or just a little extra help, please talk to the student's instructor. For example, if a student is getting poor grades in school, is not respectful of others, or is not doing chores, our instructors would be happy to have a "Mat Chat" (talk with the student privately) to help the student find more empowering alternatives to their behavior or performance. Please understand that one of our main goals is to help our students become responsible and respectful people of integrity.

## **UNIFORMS**

All of our beginner students are required to wear a uniform. Over the summer, students will sometimes train "no-gi", which means they will wear a BJJ t-shirt, their gi pants and their belt, instead of the full traditional uniform.

## **TAP (The Achievement Program)**

We award students different colored stripes on students' for different achievements. For example:

### **GOLD STRIPE**

The "**Academic Achievement Stripe**" is awarded to students who have about a "B" average or above on their report card from school. We strongly encourage all students to bring a copy of their report card and show it to their instructor.

### **GREEN STRIPE**

The "**Readers are Leaders Stripe**" is awarded to students who read 10 age appropriate books (little ones unable to read yet can earn their stripe if someone reads the books to them). Just pick up a book list at the front desk. When the list is complete, hand it in to the instructor to receive a green star.

### **BLUE STRIPE**

The "**Community Service Stripe**" is awarded to students who do something to benefit the community (i.e. help clean up a park, visit and volunteer at a retirement home, etc). Blank community service forms are available at the front desk.

### **RED STRIPE**

The "**School Service Stripe**" is awarded to students who go above and beyond to help McMahan Brazilian Jiu-Jitsu. (i.e. participates in a demonstration, assist in class, has a friend become a member, etc).

## **PROMOTIONS AND PROGRESSION**

At McMahon Brazilian Jiu-Jitsu a student's progress is measured by the awarding of stripes and belt promotions.

A stripe added to a student's belt signifies that the student has successfully completed a specific portion of their current curriculum. It is used as a measurement of that student's progression at their current rank.

A "Promotion" to a new color of belt signifies a completion of an entire set of curriculum and therefore recognition of a student's increase in skill levels.

### **STRIPES AND BELTS**

Here at MBJJ, our curriculum is ongoing, so students can start at any time. On an ongoing basis, students are rewarded stripes on their belt for completing a minimum amount of time and minimum number of classes. For the Little Champs, a stripe is typically awarded after every 4<sup>th</sup> class AND a minimum of two weeks, depending on the student's effort in class (in other words, a student may come to more than four classes before the two weeks is complete, and will still have to wait until the two weeks goes by, as well). For Junior Grapplers, a stripe is awarded after eight classes AND one month.

For the Little Champs, students must earn eight stripes on the belt before they are eligible for the next belt level.

For the basic Junior Grapplers program, students must earn four stripes on their belts to be eligible for the belt test. Once they have received four stripes and completed the required time, they can sign up for the next available testing date (these are ongoing and will be posted beforehand). If they complete the test successfully, they will be immediately rewarded their new belt.

For the advanced Junior Grapplers program, the student must earn eight stripes before testing to the next level.

### **AREAS OF TESTING**

Little Champs are not required to complete a test in order to achieve their next belt. They do, however, need to be consistently demonstrating the techniques, self discipline, respect, etc. in order to be awarded the next belt.

Junior Grapplers are tested on the following areas, and the tests get progressively more challenging as students reach higher belt levels. In general, the areas are:

- Fitness
- Technical knowledge
- Application of Technique
- Focus, control, respect and enthusiasm



If the student does not pass any ONE topic on the test, they are required to complete the ENTIRE test again at the next testing date, or when an instructor feels they are ready.

### **EXTRA HELP**

If, for any reason, a student feels like they are falling behind and feels like they need some additional help, please see your instructor and make an appointment for a session to assist with curriculum. We offer individual private and group private lessons if a student wishes to split the cost of a lesson with other students.

### **INTENT TO PROMOTE LETTER**

When a student receives their fourth stripe, an “Intent to Promote” letter will be sent home with them. The purpose of this letter is twofold. First, it allows students and parents a chance to give us feedback about the program. Second, it requires a parent and school teacher signature letting us know that the student’s behavior at home and school is good. If there is ever a challenge with behavior in either area, please let the student’s instructor know before belt testing so that we may decide if it is appropriate for the student to test. The “Intent to Promote” letter is to be returned the day of the belt promotion.

## **FINANCIAL ARRANGEMENTS**

### **PAYMENTS**

In order to control our cost and to spend the maximum amount of time working with our students, we use automatic billing. This means that the monthly tuition will be deducted directly from a bank account or credit card. You may also choose to pay in full for six months and receive a discount for doing so.

### **FAMILY DISCOUNTS**

McMahon BJJ encourages family members to take advantage of the discounts that we offer to immediate family members. We offer a discount for each additional family member up to three, and the fourth additional family member trains free.

### **ADDITIONAL FEES OVER AND ABOVE TUITION**

It is standard within the Martial Arts industry to charge, over and above tuition, additional fees for items such as belt testing, belts, association dues, mandatory private lessons, mandatory clinics, mandatory tournaments, finance charges, etc. **We are proud to say that here at McMahon BJJ we will not be charging you any such fees.** The only thing excluded from your tuition payment will be your own personal equipment, such as uniforms, patches, safety gear, etc. There are also occasional optional events (like kids' nights, seminars and tournaments), which will have an extra fee.

### **QUITTING**

If you decide that Brazilian Jiu-Jitsu training is not for you, your contracted may be terminated with 30 days notice to McMahon BJJ. In order to terminate your contract, your payments must be current and you must fill out a cancellation notice. This 30-day cancellation notice form may be obtained by asking an employee or instructor. Remember that we also have the option to freeze an account in one month increments up to three months at a time per calendar year and for that we just need a minimum of 24 hrs notice and a completed freeze form.

### **CHALLENGES**

If for any reason you are ever dissatisfied with your training here at McMahon BJJ, please let us know. Simply talking with your instructor can easily solve most challenges. We do have an open door policy and invite communication with our students.