

Introduction:

Brazilian Jiu-Jitsu (BJJ) is a martial art that focuses on ground fighting and grappling techniques. The Kodokan BJJ School in London is dedicated to teaching the principles of BJJ and helping students develop their skills in a safe and supportive environment. In this guide, we will explore the various aspects of BJJ taught at the Kodokan BJJ School, including the closed guard, open guard, half guard, passing the guard, side control, knee ride, mount, back control, etiquette, attire, and objectives for your first class here with us.

Closed Guard and the Open Guard:

The closed guard and open guard are two of the most fundamental positions in BJJ. The closed guard is when the practitioner wraps their legs around their opponent, while the open guard is when the practitioner keeps their legs apart. In both positions, the practitioner's goal is to control their opponent and set up submissions. Techniques taught in this chapter include arm bars, triangles, and chokes.

The closed guard and open guard are two of the most fundamental positions in Brazilian Jiu-Jitsu (BJJ). While they may seem simple, they are actually quite complex and require a great deal of skill to execute effectively.

The closed guard is a position where the practitioner wraps their legs around their opponent's waist and locks their ankles together. This creates a barrier that prevents the opponent from advancing position or striking with full impact. The practitioner's arms are typically used to control the opponent's posture and prevent them from standing up or posturing up to strike. The closed guard is an extremely versatile position that can be used for both offense and defense.

The open guard, on the other hand, is a position where the practitioner keeps their legs apart and uses them to control the opponent. There are many variations of the open guard, including the spider guard, butterfly guard, and De La Riva guard. Each variation has its own set of techniques and strategies for controlling the opponent and setting up submissions.

One of the key differences between the closed guard and open guard is that the closed guard is more technically defensive in early stages of development, while the open guard is more offensive. In the closed guard, the practitioner is focused on controlling the opponent and preventing them from advancing position or striking. In the open guard, the practitioner is focused on setting up submissions and sweeping the opponent. The objectives will change as you advance your skills however.

To be effective in either the closed guard or open guard, practitioners need to have a strong understanding of the principles of leverage and control which we'll be discussing during training sessions. They also need to be able to anticipate their opponent's movements and react accordingly. This requires a great deal of practice and dedication.

One common mistake that practitioners make when using the closed guard is to become too passive. They may be content to simply hold the position and not look for opportunities to attack. In the open guard, one common mistake is to rely too heavily on one particular technique or strategy. This can make it easy for the opponent to anticipate and counter their attacks.

Overall, the closed guard and open guard are two of the most important positions in BJJ. They require a great deal of skill and practice to execute effectively, but with dedication and hard work, they can be powerful weapons in a practitioner's arsenal.

Half Guard:

The half guard is a position where one of the practitioner's legs is between their opponent's legs. It is a versatile position that can be used to sweep the opponent and transition to other positions. This position is highly versatile and can be used to transition to other positions or to sweep the opponent.

One of the keys to the half-guard is controlling the opponent's upper body. This can be done by using the under-hook to control the opponent's arm and shoulder or by using the over-hook to control the opponent's posture. From this position, practitioners can work on sweeping the opponent or transitioning to other positions.

There are many different techniques that can be used from the half-guard, including the lock-down, the half-guard sweep, and the half-guard to mount transition. The lock-down is a technique where the practitioner uses their legs to control the opponent's leg and prevent them from advancing position. The half-guard sweep is a technique where the practitioner uses their leg to sweep the opponent and transition to a dominant position. The half-guard to mount transition is a technique where the practitioner uses their legs and upper body to control the opponent and move to mount position. In the hierarchy of positions, the mount is certainly one of the strongest, so transitioning from half-guard to the mount is extremely beneficial.

One of the benefits of the half-guard is that it can be used against opponents who are much larger or stronger. By using leverage and control, the practitioner can neutralize their opponent's strength and work towards a dominant position. This makes the half-guard an essential position to master for any BJJ practitioner.

To be effective in the half-guard, practitioners need to have a strong understanding of the principles of leverage and control. They also need to be able to anticipate their opponent's movements and react accordingly. This requires a great deal of practice and dedication.

In summary, the half-guard is a highly versatile position in BJJ that can be used to transition to other positions or to sweep the opponent. It requires a strong understanding of leverage and control and a great deal of practice to execute effectively. By mastering the half-guard, BJJ practitioners can gain a powerful weapon in their arsenal and neutralize opponents who are much larger or stronger.

Passing the Guard:

Passing the guard is the process of getting past the opponent's legs to advance position. It is a crucial skill in BJJ and requires a good understanding of leverage and pressure. Passing the guard is a critical aspect that requires a combination of technique, timing, and strategy. The guard is a defensive position where the practitioner uses their legs to control the opponent and prevent them from advancing position. Passing the guard means getting past the opponent's legs and transitioning to a dominant position.

There are many different guard passing techniques in BJJ, including the knee slide pass, the torreando pass, and the leg drag pass. Each technique has its own set of advantages and disadvantages, and practitioners need to be able to adapt their approach depending on the situation.

One of the keys to passing the guard is to control the opponent's hips. This can be done by using the arms to control the opponent's legs and prevent them from moving or by using the legs to create pressure and immobilize the opponent. By controlling the opponent's hips, practitioners can make it difficult for the opponent to defend and set up their own attacks.

Passing the guard can be challenging, especially against opponents who are skilled at defending their guard. However, with dedication and hard work, practitioners can develop the skills and strategies needed to overcome their opponent's guard and transition to a dominant position.

To be effective at passing the guard, practitioners need to have a strong understanding of the principles of leverage and control. They also need to be able to anticipate their opponent's movements and react accordingly. This requires a great deal of practice and dedication.

Side Control:

Side control is a dominant position in Brazilian Jiu-Jitsu (BJJ) that allows practitioners to control their opponent's upper body and set up a variety of submissions and transitions. It is achieved by placing one's body perpendicular to the opponent's and using the arms and legs to control the opponent's upper body.

One of the keys to side control is controlling the opponent's near arm. This can be done by using the practitioner's body weight to press down on the opponent's chest and by using the arm to control the opponent's arm. By controlling the opponent's near arm, the practitioner can limit their ability to defend or escape.

Another important aspect of side control is controlling the opponent's hips. This can be done by using the legs to control the opponent's legs or by using the arm to control the opponent's hips. By controlling the opponent's hips, the practitioner can limit their ability to move or escape.

From side control, practitioners can set up a variety of submissions, including arm-locks, chokes, and transitions to other positions. One of the most common submissions from side control is the Americana or figure-four arm-lock, which involves isolating the opponent's arm and applying pressure to the elbow.

Side control can be a challenging position to escape from, especially against opponents who are skilled at controlling their opponent's body. However, by using the right techniques and strategies, practitioners can neutralize their opponent's defenses and set up powerful attacks.

To be effective at side control, practitioners need to have a strong understanding of the principles of leverage, balance, and spacial awareness. They also need to be able to anticipate their opponent's movements and react accordingly.

Knee Ride:

The knee ride, also known as knee on belly, is a dominant position that allows practitioners to control their opponent's upper body and set up a variety of submissions and transitions. It is achieved by placing one's knee on the opponent's belly or sternum and using the other leg and arms to control the opponent's upper body.

One of the keys to the knee ride is controlling the opponent's hips. This can be done by using the practitioner's body weight to press down on the opponent's chest and by using the arms to control the opponent's upper body. By controlling the opponent's hips, the practitioner can limit their ability to move or escape.

Another important aspect of the knee ride is mobility. Practitioners need to be able to transition smoothly from the knee ride to other positions, such as side control or mount. This requires a great deal of practice and experience.

From the knee ride, practitioners can set up a variety of submissions, including arm-bars, chokes, and transitions to other positions. One of the most common submissions from knee on belly is the arm-bar, which involves isolating the opponent's arm and applying pressure to the elbow.

The knee ride can be a challenging position to escape from, especially against opponents who are skilled at controlling their opponent's body. However, by using the right techniques and strategies, practitioners can neutralize their opponent's defenses and set up powerful attacks.

To be effective at the knee ride, practitioners need to have a strong understanding of the principles of leverage and control. They also need to be able to anticipate their opponent's movements and react accordingly. This requires a great deal of practice and dedication.

In summary, the knee ride is a dominant position in BJJ that allows practitioners to control their opponent's upper body and set up a variety of submissions and transitions. It requires a strong understanding of leverage and control, as well as the ability to anticipate and react to the opponent's movements. By mastering the knee ride, BJJ practitioners can gain a powerful weapon in their arsenal and achieve greater success on the mat.

Mount:

The mount is a very powerful position that allows the practitioner to control their opponent and set up submissions. The mount is a dominant position that allows practitioners to control their opponent's body and set up a variety of submissions and transitions. It is achieved by sitting on the opponent's torso and using the legs and arms to control the opponent's upper body.

One of the keys to the mount is controlling the opponent's hips. This can be done by using the practitioner's body weight to press down on the opponent's chest and by using the legs to control the opponent's legs. By controlling the opponent's hips, the practitioner can limit their ability to move or escape.

Another important aspect of the mount is maintaining balance and mobility. Practitioners need to be able to transition smoothly from the mount to other positions, such as side control or knee on belly. Although this is generally considered a digression in the hierarchy of positions, it has its place and

only requires a little practice and experience, but gives fantastic results if leveraged with the correct tactics.

From the mount, practitioners can set up a variety of submissions, including arm-bars, chokes, and transitions to other positions. One of the most common submissions from the mount is the arm-bar, which involves isolating the opponent's arm and applying pressure to the elbow.

The mount can be a challenging position to escape from, especially against opponents who are skilled at controlling their opponent's body. However, by using the right techniques and strategies, practitioners can neutralize their opponent's defenses and set up powerful attacks.

To be effective at the mount, practitioners need to have a strong understanding of the principles of leverage and control. They also need to be able to anticipate their opponent's movements and react accordingly. This requires a great deal of practice and dedication.

Back Control:

Back control is a dominant position where the practitioner has control over their opponent's back in order to control their opponent's body and set up a variety of submissions and transitions. It is achieved by placing one's body behind the opponent's and using the arms and legs to control the opponent's upper body.

One of the keys to back control is controlling the opponent's arms. This can be done by using the legs to control the opponent's arms or by using the arms to control the opponent's wrists. By controlling the opponent's arms, the practitioner can limit their ability to defend or escape.

Another important aspect of back control is maintaining balance and mobility. Practitioners need to be able to transition smoothly from back control to other positions, such as the mount or side control. One of the most common submissions from back control is the rear naked choke, which involves wrapping the arms around the opponent's neck and applying pressure.

Back control can be a challenging position to escape from, especially against opponents who are skilled at controlling their opponent's body. However, by using the right techniques and strategies, practitioners can neutralize their opponent's defenses and set up powerful attacks.

Etiquette:

In the Kodokan, proper etiquette is essential to creating a safe and respectful environment for training. As a martial art, the Kodokan values discipline and respect, and this is reflected in the etiquette guidelines that all practitioners are expected to follow. It is important to understand these rules and expectations to ensure a safe and productive training environment. Topics covered in this chapter include respecting training partners, proper hygiene, and following the school's rules.

The first and most important rule of Kodokan etiquette is to show respect to one's instructor and fellow students. This means greeting each of your team mats upon entering the training space regardless of when you arrive and saying farewell to them when exiting the training area for the day. Addressing others respectfully, and following the instructor's directions at all times should be obvious to each individual who has personal standards as well. Practitioners should also avoid showing off or being

aggressive without reason, as this can create a negative atmosphere and generally only results in a weakening of any sports team.

Another important aspect of Kodokan etiquette is cleanliness and hygiene. Practitioners should wear clean training gear, wash their hands and feet before training, and keep their nails trimmed to prevent injury. Mats should also be kept clean and free of any debris or sweat. Body odor should be kept to a minimum if at all possible and again, only CLEAN TRAINING GEAR will provide you access to the training floor and the gym as a whole. You must treat yourself as a professional when training at the Kodokan as we are a private members club and membership here is not a right of any individual.

Each member is also expected to arrive to their classes of choice early enough to be changed and warmed up by the time class checks in. If for some reason there is an unforeseen delay and an individual arrives without enough time to do this, they will need to wait very briefly mat-side and politely get the instructors attention so that they can be welcomed onto the mat. This is done to avoid a break up or distraction among the other practitioners, The instructor, as the conductor, will anticipate the most opportune time to integrate you into the session seamlessly.

During training, practitioners should always be aware of their surroundings and avoid endangering themselves or others. This means tapping out when caught in a submission, avoiding dangerous techniques (unless cleared by the instructor), and not using excessive force during sparring with the intention of injuring others. We understand that some matches can become intense, and that's perfectly fine. However, by maintaining self-control, you can not only improve your own skills but also help your training partner to grow, resulting in a mutual benefit that makes both of you better.

Practitioners should also be aware of their own limitations and avoid training when injured or sick. It is important to prioritize one's own health and safety, as well as the health and safety of others in the training environment.

Outside of training, practitioners should strive to maintain a positive attitude and represent the Kodokan in a positive light. This means avoiding negative or disrespectful behavior, both online and in person, and promoting the values of respect, discipline, and community.

By following these guidelines, practitioners can create a safe and respectful training environment that allows everyone to learn and grow in their practice at the Kodokan. Etiquette is an essential part of the martial art, and by upholding these values, practitioners can become not only better fighters, but also better members of their community.

In addition to Kodokan etiquette, there are also specific club rules that all members are expected to follow. These rules may vary from club to club, but they generally include guidelines around attendance, enrollment, behavior, and safety. For example, members may be expected to attend a certain number of classes per month, pay their membership fees on time, refrain from disruptive or disrespectful behavior, and wear appropriate training gear. These rules help to ensure that the training environment is safe, respectful, and conducive to learning. It is important for members to carefully review and follow these rules in order to fully benefit from their training experience at the Kodokan.

Attire:

Proper attire is important for training in BJJ. It not only ensures safety but also shows respect for the art and the school. Topics covered in this chapter include what gear is required and recommended for training, where to purchase gear, and how to care for gear.

Proper attire is essential for training at the Kodokan. While there may be some variation in what is considered acceptable, there are generally agreed upon standards for what gear is appropriate for training.

For men, a traditional bjj or judo gi is required depending on which sport you choose. The gi should be clean and in good condition, and worn with a belt that corresponds to the practitioner's rank. Underneath the gi, a rash guard or t-shirt is must be worn. Clean underwear (pants) **MUST** also be worn under these garments. Free-balling is not pleasant for others in uncomfortable positions.

For women, there are generally two options for attire: a gi or a rash guard and spats. If a gi is worn, it should fit properly and be in good condition, and worn with a corresponding belt. If a rash guard and spats are worn, they should be clean and in good condition, and provide adequate coverage for the body.

Regardless of gender, it is important to wear appropriate undergarments, such as compression shorts or underwear, to prevent any potential wardrobe malfunctions. It is also important to remove any jewelry or accessories that could cause injury to oneself or others.

In addition to clothing, please note that only clean bare feet are allowed onto the training floor. If you are not on the mats you must have footwear on. Wrestling shoes are not allowed, not even in the wrestling classes.

Overall, proper attire is essential for creating a safe and respectful training environment at the Kodokan. By wearing appropriate clothing and footwear, practitioners can minimize the risk of injury and focus on their training. It is important for all members to adhere to the dress code guidelines set forth by the club to ensure consistency and safety in training.

You can find a multitude of in-house products that fit our regulation at our own shop here: <https://www.thekodokan.com/shop>

Objectives for Your First Class:

The first class at the Kodokan might seem intimidating, but it is designed to be a welcoming and supportive experience. In this section, we will discuss what to expect during the first class and what the objectives are.

Your first class is an exciting opportunity to learn about the art and begin the journey towards mastery. While the first class may feel overwhelming or intimidating, there are some key objectives that all practitioners should keep in mind to make the most of their experience.

The first objective is to listen carefully to the instructor and follow their directions. The instructor will explain basic techniques, rules, and safety practices, and it is important to pay close attention to these details in order to train at the Kodokan.

The second objective is to focus on learning proper technique, rather than trying to win or dominate one's training partners. You may choose to attempt this anyway, but keep in mind that as you raise the stakes your likely more experienced training partner will respond appropriately to this challenge. This means choosing to practice techniques slowly and with control, and being mindful of one's own and others' safety will certainly benefit you greatly both in the short and long term.

The third objective is to ask questions and seek feedback from the instructor and training partners. The grappling arts are complex and nuanced martial art forms, and it takes time and practice to develop a deep understanding of the techniques. By asking questions and seeking feedback, practitioners can accelerate their learning and make faster progress.

The fourth objective is to have fun and enjoy the experience of learning something new. While grappling can be challenging and demanding, it is also a rewarding and enjoyable activity. By approaching the first class with an open and positive mindset, practitioners can begin to develop a lifelong passion for the martial art.

Overall, the objectives for the first class at the Kodokan are to listen to the instructor, focus on learning proper technique, ask questions and seek feedback, and have fun. By keeping these objectives in mind, practitioners can set themselves up for a successful and fulfilling journey in these arts.

See you on the mat: A final word on training at Kodokan

Thank you for taking the time to read about the Kodokan's program and our approach to teaching the grappling arts. We hope that our in-depth descriptions of each technique and aspect of our program have given you a clear idea of what to expect when you join us for your first class.

Our goal is to create a welcoming and inclusive environment where you can learn and grow as a martial artist, and we are excited to have you as part of our community. Whether you are a beginner or an experienced practitioner, our instructors are dedicated to helping you reach your full potential on and off the mat.

We look forward to training with you and helping you achieve your goals. Don't hesitate to reach out to us if you have any questions or concerns before your first class, and once again, welcome to the Kodokan private member's club!

Need more info? Have any questions? Contact us!

Email: sensei@thekodokan.com

Direct Phone: +44 7834 230066