



MEMBER GUIDE

# HEAVY METTLE JIU JITSU

# CONTENTS

03	mission
04	about
05	new student information
06	house rules
07	classes
08	kids jiu jitsu
09	belt and stripe system
10	schedule
11	memberships
12	contact



Our mission is to deliver  
world-class Jiu Jitsu  
in a safe, positive,  
structured, and goal-  
oriented environment  
that imparts members  
with a comprehensive  
understanding of  
technique and situation.



*Brazilian Jiu Jitsu is a martial art based on the fundamentals of Judo, and centers around grappling and submission holds. BJJ focuses on moving a fight to the ground and controlling an opponent by gaining a dominant position and using a number of techniques to result in a submission.*

*Translated from Japanese, "Jiu Jitsu" means "the gentle art," and revolves around the concept that a person can successfully defend themselves against an opponent who is bigger, stronger, and heavier by using leverage and weight distribution to take the fight to the ground and defeat them.*

Founded in 2017 by Derek Stevens, **Heavy Mettle Jiu Jitsu** establishes a setting where everyone—**instructors and students alike—holds themselves and each other accountable** for achieving their goals while attaining a distinctive level of training.

While "heavy mettle" is a play on words, we believe it is an ideal philosophy for **training Jiu Jitsu** and applying its concepts to **everyday** life.

# NEW STUDENT INFORMATION

Thank you for your interest in Heavy Mettle Jiu Jitsu. We hope the following information helps to prepare you for your first class. Before attending, please familiarize yourself with the house rules on page 06.

## COMMUNICATION AND ACCOUNT MANAGEMENT

Primary Academy communications are sent via email. For informal communication and discussion, we have a members-only Discord server, which you will receive access to after signing up.

We utilize Zen Planner which allows you to manage your account and member profiles, see the schedule, register for class, view your attendance record, and contact us. Zen Planner can be accessed via the Zen Planner mobile app or an internet browser.

## CLASS STRUCTURE

Class consists of warm-ups, class instruction/technique and drilling, and a few rounds of sparring/rolling. Classes are occasionally dedicated to situational sparring and positional drilling.

At the end of each class, students line up by rank. If attending your first class, you will stand at the end of the line (closest to the front door). The instructor may make announcements before formally ending class and will then lead a post-class handshake line.

Members are to leave the mats immediately unless they are staying for the next class or mopping/disinfecting mats after the last scheduled class of the day.

## NEW MEMBER ORIENTATION

As part of our free trial week, we offer an orientation for students who have never trained Jiu Jitsu. Orientation will cover fundamental Jiu Jitsu movements and class structure, and we will answer questions you may have before attending your first class.



## WHAT TO BRING TO CLASS

**GI AND BELT** // We anticipate that students who are new to Jiu Jitsu won't have their own gi (the uniform worn by Jiu Jitsu practitioners), and therefore have clean gis and belts in all sizes that you may borrow for the class.

**RASH GUARD** // Recommended under your gi for comfort or alone for no-gi. Synthetic, compression-style fabric works well.

**ATHLETIC SHORTS / SPATS** // Recommended for underneath your gi. Athletic shorts may be worn alone for no-gi.

**SANDALS / SLIDES** // In order to keep the training area clean and free of debris, shoes must be worn at all times when you are not on the mats.

**TOWEL AND SOAP** // Students are encouraged to shower thoroughly after training.

**WATER BOTTLE** // Staying hydrated while training Jiu Jitsu is critical: dehydration may cause dizziness, muscle cramps, and fatigue. Sports drinks and other electrolyte replacements are encouraged in addition to water.

**MOUTH GUARD** // Optional

**HEADGEAR / EAR GUARDS** // Optional

# HOUSE RULES

## 1 REGISTER AND SIGN IN

Reservations open in Zen Planner 24 hours before the class start time and close 2 hours before class starts. Classes with fewer than 2 reservations will be canceled. Upon arrival, please sign in on the wall-mounted iPad.

## 2 SHOW UP ON TIME

**PLEASE NOTE** we run a tight ship: classes begin and end promptly at their assigned times. Students are expected to be ready to get on the mats when class begins. If you will be late, please let your instructor know in advance, if possible. After a late arrival, wait off of the mat until the instructor invites you to join class.

## 3 PRIORITIZE PERSONAL HYGIENE

Do not train if you feel ill. You and your uniform must be clean prior to training. Finger and toe nails must be trimmed. Shower thoroughly after training to prevent staph and dermatological conditions, which are detrimental to your and your training partners' health, and the Academy's wellbeing.

## 4 BEFORE TRAINING

Remove all jewelry and watches/fitness bands. Do not apply cologne, perfume, or any other strong scents right before training. All belongings should be left in the locker room.

## 5 WEAR SHOES

Shoes are to be worn at all times that you are not on the mats, and must be taken off before you step onto the mats.

## 6 UNIFORMS

Wear the appropriate uniform for the class you are attending. For Jiu Jitsu, make sure your gi top and pants are the same color. Keep your gi on and your belt tied at all times. Gi must be clean prior to training, and belt must show your rank.

## 7 DURING CLASS

Be courteous. Pay attention to the instructor at all times. Do not speak while techniques are being shown; questions will be answered after. Yield to higher ranks. Only drill techniques being taught. No chewing gum on the mats. Parents: Absolutely no coaching your children or other students during class.

## 8 AFTER CLASS

Leave the mats immediately after class ends. Clean up your trash (tape included). Remember your belongings.

## 9 ALWAYS

Be good to yourself and your training partners. GET HEAVY!

# CLASSES



## **KIDS JIU JITSU (AGES 5-8)**

Kids learn basic techniques and drills which are presented as fun games and exercises. Class focuses on developing balance and coordination, the importance of giving effort and respecting others, and identifying that there are both proper and improper times and situations for using martial arts.

## **BIG KIDS JIU JITSU (AGES 9-13)**

In Big Kids class, students learn comprehensive techniques and practice with partners during supervised sparring rounds. Class structure is similar to adult class: warm-ups, instruction/technique and drilling, and live rolling/sparring. Experienced students are welcome to attend adult classes.

## **JIU JITSU FUNDAMENTALS**

Learn the fundamental movements that build the foundation of Jiu Jitsu techniques. Recommended for all students, especially those who are new to Jiu-Jitsu.

## **ADVANCED JIU JITSU**

Students learn advanced techniques, revisit fundamental techniques with greater detail, string techniques together to form complex sequences, and refine their skills.

## **NO-GI GRAPPLING**

Learn and refine submission grappling techniques and takedowns without the gi.

## **SITUATIONAL SPARRING**

Students spar from the assigned starting position and spar with defined parameters and specific reset points. Positions are explored more deeply than in standard sparring rounds.

## **PRIVATE LESSONS**

By request. Price, duration, and availability set at the discretion of each coach.



## RULES FOR PARENTS

### 01 // KNOW THE RULES

Before your child attends their first class, please familiarize yourselves with the house rules on page 06.

### 02 // BE PUNCTUAL

Classes begin and end promptly at the assigned time. Your child must be ready to get on the mats before class starts.

### 03 // BE RESPECTFUL

Do not coach your child or other students. Do not interfere with instructions from the coaches. Please remain seated and quiet for the duration of the class.

### 04 // KEEP IT FUN

Remember that kids are kids, and everyone is here to have a good time.

## KIDS JIU JITSU

Jiu Jitsu is excellent for kids because it focuses on using leverage—rather than strength—for self defense. Kids can experience additional benefits that include:

### EXERCISE AND CONDITIONING

Jiu Jitsu keeps kids moving and includes components of cardio, mobility, strength, and conditioning. Kids learn basic individual movements which they string together to form intricate sequences which help develop coordination and body awareness.

### INCREASED CONFIDENCE

Jiu Jitsu fosters confidence both on and off the mats by showing children that their size does not prevent them from being able to defend themselves.

### AUTONOMY AND ACCOUNTABILITY

As they practice, students develop autonomy by making choices and reacting to their training partners. Jiu Jitsu presents situations where the outcome depends on level of effort; teaching kids to be accountable for their own success.

### HUMILITY, RESPECT, AND RESILIENCE

Jiu Jitsu helps kids learn to be humble in both victory and defeat, and to respect their coaches and training partners. They learn that situations will not always yield the anticipated result, and that effort, attitude, and progress are more important than perfection.

### STRONGER INTERPERSONAL RELATIONSHIPS

Training and interacting with coaches and partners of different ages and ability helps nurture social skills. Jiu Jitsu is a highly collaborative environment where kids encourage and support one another while working through their own obstacles and challenges.



# JIU JITSU BELT AND STRIPE GRADUATION SYSTEM

Students are promoted on a basis of individual improvement. Promotions are awarded based on a combination of time, knowledge, effort, and attitude.

## KIDS (5 TO 15)

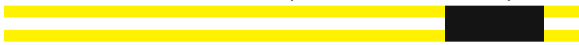
### BEGINNER // WHITE BELT



### INTERMEDIATE // GRAY BELT *gray and white / solid gray / gray and black\**



### INTERMEDIATE // YELLOW BELT *yellow and white / solid yellow / yellow and black\**



### ADVANCED // ORANGE BELT *orange and white / solid orange / orange and black\**



### ADVANCED // GREEN BELT *green and white / solid green / green and black\*\**



\* when students turn 16, they receive a blue belt.

\*\* when students turn 16, they receive a blue belt unless they have trained with a green belt for over 2 years; then they receive a purple belt.

## ADULTS

### BEGINNER // WHITE BELT



### INTERMEDIATE // BLUE BELT (16+)



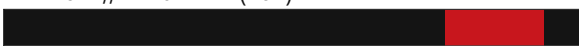
### INTERMEDIATE // PURPLE BELT (16+)



### ADVANCED // BROWN BELT (18+)



### ADVANCED // BLACK BELT (19+)



1<sup>st</sup> degree

2<sup>nd</sup> degree

3<sup>rd</sup> degree

4<sup>th</sup> degree

5<sup>th</sup> degree

6<sup>th</sup> degree



# CLASS SCHEDULE\*



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<p>8:30 - 9:30 <b>No-Gi Grappling</b> <i>all levels</i></p>	<p>6:00 - 7:00 <b>BJJ Fundamentals</b> <i>all levels</i></p>	<p>6:00 - 7:00 <b>Adult Jiu Jitsu</b> <i>advanced</i></p>	<p>6:00 - 7:00 <b>No-Gi Grappling</b> <i>all levels</i></p>	<p>6:00 - 7:00 <b>BJJ Fundamentals</b> <i>all levels</i></p>	<p>6:00 - 7:00 <b>Adult Jiu Jitsu</b> <i>advanced</i></p>	<p>10:00 - 11:00 <b>BJJ Fundamentals</b> <i>all levels</i></p>
PM		<p>6:00 - 7:30 <b>BJJ Fundamentals</b> <i>all levels</i></p>	<p>12:00 - 1:00 <b>Adult Jiu Jitsu</b> <i>all levels</i></p> <p>4:30 - 5:20 <b>Kids Jiu Jitsu</b> <i>ages 9 - 13</i></p> <p>5:30 - 6:15 <b>Kids Jiu Jitsu</b> <i>ages 5 - 8</i></p> <p>6:30 - 7:30 <b>No-Gi Grappling</b> <i>all levels</i></p>	<p>6:00 - 7:30 <b>Adult Jiu Jitsu</b> <i>advanced</i></p>	<p>12:00 - 1:00 <b>No-Gi Grappling</b> <i>all levels</i></p> <p>4:30 - 5:20 <b>Kids Jiu Jitsu</b> <i>ages 9 - 13</i></p> <p>5:30 - 6:15 <b>Kids Jiu Jitsu</b> <i>ages 5 - 8</i></p> <p>6:30 - 7:30 <b>Adult Jiu Jitsu</b> <i>all levels</i></p>	<p>5:30 - 6:30 <b>No-Gi Grappling</b> <i>all levels</i></p>	

\*While we make every effort to regularly update this information, please consult Zen Planner for the current version.

# MEMBERSHIPS\*

	KIDS	ADULTS
NEW MEMBER FIRST MONTH	\$95	\$95
UNLIMITED MONTH-TO-MONTH	\$125/Month	\$165/Month
UNLIMITED ANNUAL COMMITMENT	\$105/Month	\$148/Month
UNLIMITED YEAR UP-FRONT	\$1,300	\$1,750
UNLIMITED 6 MONTHS UP-FRONT	\$650	\$900
2 CLASSES/WEEK MONTH-TO-MONTH	--	\$135/Month
3 CLASSES/WEEK MONTH-TO-MONTH	--	\$150/Month
PUNCH CARD 10 CLASSES	--	\$300

## BILLING

Billing occurs monthly on the 1<sup>st</sup>. Memberships started mid-month are charged a prorated amount determined by start date and billed regularly starting on the 1<sup>st</sup> of the next month. New members<sup>1</sup> receive a discounted first month of training.

## ACCOUNT HOLDS

Members may place their account on hold for up to 3 months per year<sup>2</sup>. Account holds offer the benefit of locking in the current price and avoiding cancellation fees. We especially encourage account hold utilization by parents during seasonal sports or during summer break.

If you wish to place a hold on your account, please email us with the subject, "Account Hold" and provide the start and end date. Holds must be requested **three business days before** the 1<sup>st</sup> day of the month you wish to initiate a hold for.

## CANCELLATIONS

A 30-day cancellation notice is required for month-to-month accounts. Accounts canceled before 30 days are subject to cancellation fees in the amount of the next month's membership price. Annual commitment memberships may be canceled any time and are subject to cancellation fees in the amount of 40% of the remaining commitment. Memberships may only be canceled by emailing us from the account holder's email address with the subject, "Account Cancellation."

**PLEASE NOTE:** Account information—including status and billing—will **only** be discussed with the member / account holder.

<sup>1</sup>New members are defined as students who are new to Heavy Mettle. New student specials—including promotions, free trial weeks, and membership rates—do not apply to returning members.

<sup>2</sup>Annual commitment memberships may utilize account holds. Paused months do not count toward the commitment of 12 billing cycles.

<sup>3</sup>While we make every effort to regularly update this information, please consult our website – [heavymettlejj.com](http://heavymettlejj.com) – for current pricing.

## DEALS AND DISCOUNTS

New students receive a free gi, belt, and may attend unlimited classes for their first month of training.

We offer discounts for active / retired military and first responders, students, and family memberships. Please contact us for specific pricing.



## FREE TRIAL WEEK

We want to make sure Heavy Mettle is a good fit for you (and vice versa). Therefore, we offer free trial week of unlimited training. Sign up online!

## DROP-INS

For the safety of our members, we do not allow drop-ins. You must be registered with our academy and have a waiver on file to attend classes.



## CONTACT

Please see the schedule on page 10 for our operating hours. Phone calls will be answered and returned on Monday through Friday during standard business hours. Emails will be responded to within 2 business days.

a. 69 Lafayette Road, Unit 7 // North Hampton, NH 03862

w. [heavymettlejj.com](http://heavymettlejj.com) // [info@heavymettlejj.com](mailto:info@heavymettlejj.com)

p. 603.964.1118

@ [@heavymettlejj](https://www.instagram.com/heavymettlejj)