



Student Starter Guide

www.simsdojo.com



New Student Starter Guide

Welcome!

Our Jiu-Jitsu Academy offers premium **Jiu-Jitsu and Self-Defense** instruction for the entire family. The Martial Art Jiu-Jitsu is a great way to get in shape, build a skill, learn to defend yourself and others, or simply increase happiness and wellness. The art has grown in popularity due to the huge number of benefits it offers. To put it simply: **Jiu-Jitsu Changes Lives**. We are incredibly honored to bring this powerful Discipline directly to you and your family.

Jiu-Jitsu is for everybody! Any shape or size, any race color or creed, any religion, any back ground you can think of. What makes this possible is we are all on the same path of **Continual Self Improvement**. What makes this possible is training in an environment where everyones Ego's are in check and Everyone respects everyone on and off the mats. Always remember to **check your ego at the door** and always show love to your team mates. They are the ones who help you get better. Without a team behind you on the mats, you can not progress.

With that said, We are so excited to have you on the mats with us and share in this **incredible art**. Before we get to rolling there are some very important tips to help you **succeed** and some information you will need to know and understand before training begins.

Please be sure to review all the class info below and feel free to share this new student starter guide with **friends and families**. The more awesome beings on the mats with us, the better the training is for us all.

We can't wait to share our **Jiu-Jitsu** with you all. Thank you for your support

Respectfully,

All of us at

SIMS Martial Arts Academy - Home of 10th Planet JiuJitsu Omaha

-Derek, Katie, Malia, Izzy, and Kingston





Etiquette and Safety

Respect for ourselves and others

When training remember that you are always looking out for your partners. In training you'll be expected to work and train with a variety of training partners. Some days you'll have the same training partner the whole class, other days you'll rotate through many training partners. We're all family out here! The mix of training partner helps us learn to apply our technique to a variety of body types and skill levels. This is a crucial part to the development of our jiu-jitsu. "Being Comfortable with being uncomfortable is jiu-jitsu" - Tom Deblasse

Warm Ups:

Each class will start with jiu-jitsu and self defense oriented movement flows and exercises to get ready for technical and live training. The warm ups are critical to your development as a student. The prepare your body for training. Don't neglect the warm ups. Enjoy the warm ups. Your pace should grow in strength. Start slow.

Technical Training and Flowing:

After our warm up series and movements we go into technical training. Technical training must be done when we are tuned up and ready, not exhausted! We need to retain all the details needed in this complex art. In technical training we are in the lab, take notes if you must . repetition is key when practicing technique. **Slow is smooth and smooth is fast.** Start slow with your technique and work to make it flow without missing the steps. Sometimes you need to squeeze, other times you have to flow. Working to control the separating and seamless continuation of the moment is where the skill develops. . When you are performing repetitions of the technique always attempt to perform the move to the best of your ability each rep. Quality over quantity will add up faster. Notes are fantastic to remember the steps of the sequences. Tip: use your phone and build a notebook of jiu-jitsu notes. It helps.



Etiquette and Safety

Live Drilling and Live Rolling:

The intensity is picking up right here. In live drilling start out slow and finish strong, work to match your partners intensity, not overpower it. If you match their intensity and succeed in your training goal then its done with technique, if you have to overpower then you are struggling and forcing rather than using a technical approach. Technique Conquers All - Caio Terra

Sometimes your partner will feel a different pace and vibe than you, I always encourage you to learn to adjust your pace and comfort zone and learn to adopt that partners style and intensity. The growth in jiu-jitsu comes from so many areas more than just technique. When you can mimic feel and repeat your opponents patterns you can begin to break them in ways outside of just technical knowledge. These experiences are important when you compete or roll against high level opponents. Take advantage of these opportunities in training.

Each One Teach one

Help everyone on the mats if you can. Its a jiu-jitsu community where we all want to get better at this endless art. Help the new guys shrimp, be a patient partner, Build the bridge instead of burning! Help where you can.

Mat Safety

Right of Way While Rolling

In live rolling bodies are moving everywhere and a lot of action is happening. The rule of thumb that is followed is Upper belts have the right of way when rolling. If your roll is the way of an upper belts roll its your responsibility to adjust your roll, if you see a roll intruding on an upper belts roll please remind them nicely of the right of way rule.

When an Instructor is on the mat, he/she has the ultimate right of way. If you bump into him once, that's incidental; if it happens twice, you need to move. After the Coach, tradition affords precedence to the senior belts: black, brown and purple in that order.

Submissions and Tapping

Tap early.

One of the things that makes jiu-jitsu more effective than some other martial arts is that we can execute our moves at 100% certainty when sparring, which allows us to have a



Etiquette and Safety

better understanding of our techniques. What makes this possible is the concept of submission, also known as tapping, which is a way of acknowledging that you have been caught with a technique that could result in your being injured or rendered unconscious. Tap Early and Build.

Submissions can be indicated verbal or physical

By tapping your opponent's body repeatedly with your hand. The rule of thumb is that three taps in a row is a definitive tap. One tap could be interpreted as an attempt to push the person you are tapping to, as could two taps. Three taps is the universal standard for a submission.

If you cannot touch your opponent due to the position you are in, you can also tap the mat with your hand, or if necessary, you can even tap with your foot. You can verbally submit by saying "tap" or otherwise indicating that you are submitting. **Any sounds that you make OR hear that indicate you or your partner are in pain must and will be interpreted as a verbal submission. Respect**

Catch and Release

Sometimes a person is caught in a submission that they should tap to without realizing the danger they are in. In that case, the person applying the submission should continue to hold the submission in place but not apply finishing pressure and inform their partner that they are caught. If the person who is caught in the submission disagrees, apply finishing pressure slowly.

There are some techniques such as a bicep slicer or heel hook where the person being attacked will not necessarily feel pain until it is too late - in that case, the offensive player should inform their training partner that they are caught and explain the danger. Take their word for it. With that being said it is up to us all to look out for the safety of all of our training partners if you have the experience and rank take the higher road and let the sub go before damage can occur and explain the situation. We are working to build a strong team. Teamwork and cooperation is key on the mats.

Hygiene:

jiujitsu is a contact sport. Cleanliness is a must. Keep your uniforms and gear washed and smelling clean. Always wash your training gear after classes and never go off the mats bare foot or walk on the mats with shoes :-)



General Safety Rules

Remove all jewelry

Including necklaces, earrings, and rings (even wedding rings) before drilling or rolling.

Bring a Towel!

Jiu-Jitsu will make you work hard! Be ready to sweat.

Wear Class Uniforms

Represent for your team and wear approved equipment. Be sure to check with coach on required Class gear.

No Shoes on the mats - wear footwear off the mats - only be barefoot On the Mats.

YOU ARE A REPRESENTATIVE OF THIS ACADEMY , The Art, Its Instructors, and Students. Act Accordingly

You are learning one of the most effective martial arts in the world. Some of these techniques can do serious harm to someone or even cause death. You are becoming a jiu-jitsu superhero. Use your powers wisely. Your jiu-jitsu has the fingerprints of your instructors and their lineage all over your technique and within this art you become a true representation of your academy. Act accordingly and carry the traditions on with respect and honor!

Be Nice

Pay Attention

Do Your Best.

Keep it Simple.



Jiu-Jitsu Lineage and Rank



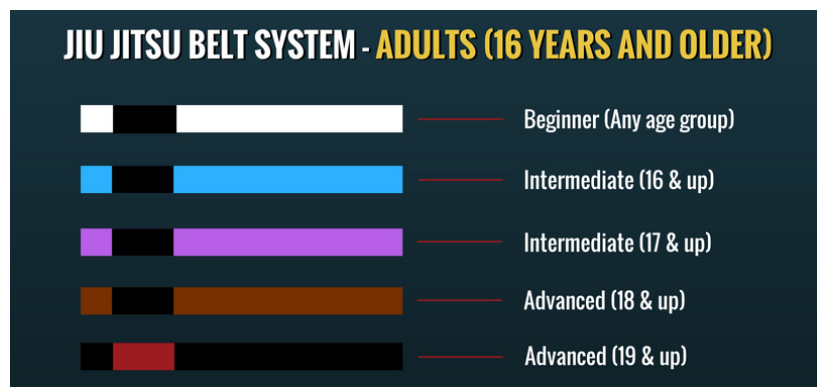
We are incredibly proud of our Jiu-Jitsu Lineage that is rooted in the founders of the Art Itself.

Mitsuyo Maeda → Carlos Gracie Sr. → Helio Gracie → Carlos Gracie Jr. → Rickson Gracie → Jean Jacques Machado → Eddie Bravo → Derek Stewart

Our aim is to keep the value and tradition of the jiu-jitsu belt pure maintaining the strict requirements that have helped keep the art as prominent and valued as it is today. Below are the minimum age requirements before earning rank. In addition to the minimum age requirement. We have strict standards based on competition history, performance and understanding of the curriculums, and other factors determined by the instructor.

Your growth in jiu-jitsu is your own personal journey that will have varied lengths of time that differs student to student. The nature of the art is that competitors tend to get promoted faster due to their constant test of their technique. However competition is not required it is merely the quick answer for those who are hungry to progress.

For those patient and not competing enjoy the journey and focus on your jiu-jitsu improving. Focus on the ability to execute your technique against resistance successfully over time with minimal force and maximum control.





Belt and Stripe Testing For Kids

As Students dedicate their time on the mats , their technique naturally improves just as any craftsman who has dedicated the time. When these mile stones are met we confirm them in our Stripe and Belt testing ceremony.

Before students may participate they must complete a testing Application to ensure they are eligible to belt test.

Specific attendance, age, and other requirements listed below and in the Testing Application must be met before actual testing.

Jiu-Jitsu has maintained the highest standards in all of Martial Arts Ranking and this demand on quality ensures all of our students represent their lineage Well and can perform to their the respected ranks minimum requirements.

All Youth Student Candidates please follow the testing steps to be sure you are signed off and ready to Stripe or Belt Test.

For More Information Log in online at www.simsdojo.com

The following must be completed and Turned into Instructor before testing:

1. Completed and Signed off Class Attendance Card.
2. Latest Report or progress report (Must have a "B" Average)
3. Latest Home Development List
4. Fully Completed Testing Application.

For additional information regarding testing please email info@simsdojo.com





Jiu-Jitsu Youth Belts

Our Youth Students earn rank in the Prestigious Art of Jiu-Jitsu.

Youth students are eligible for rank at a certain age and time in rank. As with adult rank there are various factors that can determine a students promotion. For youth students the largest factor is Class Attendance! Don't Miss Class!

There are 4 Stripes to be earned per belt before students may progress to the next belt. Youth Students go through a Testing Process for each Stripe and Belt Level. Students must complete 20 Classes before eligible for the next Stripe on their belt.

Skill Level Group	Kids Belt Group	Belt	Belt Sample	Age Group	Minimum time in Grade
Beginner	White belt group	White		Any	Beginner
Intermediate	Gray belt group	Gray/White		4-15	8 months in previous belt
		Solid Gray		5-15	8 months in previous belt
		Gray/Black		6-15	8 months in previous belt
Intermediate	Yellow belt group	Yellow/White		7-15	8 months in previous belt
		Solid Yellow		8-15	8 months in previous belt
		Yellow/Black		9-15	8 months in previous belt
Advanced	Orange belt group	Orange/White		10-15	8 months in previous belt
		Solid Orange		11-15	8 months in previous belt
		Orange/Black		12-15	8 months in previous belt
Advanced	Green belt group	Green/White		13-15	8 months in previous belt
		Solid Green		14-15	8 months in previous belt
		Green/Black		15-15	8 months in previous belt



Youth Stripe System

For Our Youth Jiu-Jitsu Students there are 4 White Stripes and 1 Red Stripe to indicate you have met the attendance requirements to test at next belt testing. Testings are Quarterly www.simsdojo.com for full schedule. Review Testing Requirements before submitting testing applications. Two examples are shown below.

12 Classes are required per stripe at Novice Levels (White Belt and Gray White Belt) Gray Belt and Above require 20 classes per stripe.

WHITE BELT



GREY/WHITE BELT





YOUTH JIU-JITSU BELT ATTRIBUTES

White Belt – Attitude – “Attitude is Everything!”

Life is 10% what happens to you and 90% what you do with it.

Grey/White – Responsibility – “Success; If It’s To Be, It’s Up To Me!”

You do what you most want to.

Grey – Commitment – “No Goals – No Glory!”

Advance towards your dreams; try to live the life you imagine and you will meet with uncommon success.

Grey/Black – Courtesy – “To Get Respect – Give respect !”

Learning to treat each other the way we should is the key to true human greatness.

Yellow/White – Confidence – “Believe and Succeed!”

Only believing in yourself and your abilities can make your dreams reality.

Yellow – Determination – “Never, Never Quit!”

Desire creates power! See your goal and never falter.

Yellow/black – Enthusiasm – “Feel The Power of excitement! “

Enthusiasm cannot be taught, it can only be shared.

Orange /White - Quality – “Trifles Make Perfection.”

Excellence is attention to detail.

Orange – Persistence – “Water and Wind Eat Mountains.”

Nothing takes the place of persistence. Talent will not, genius will not, education will not. Persistence and determination alone are omnipotent.

Orange/Black– Integrity – “Be Honest Within or All is a Lie.”

All that you say and do, reveals your inner self.

Blue – Leadership – “Example Inspires!”

Those who are lifting the world onward and upward are those who encourage more than criticize.

SIMS Martial Arts Academy

www.simsdojo.com
“We Build Character”



Student Creed

**To Build Good Character
Through Knowledge in the Mind,
Honesty in the Heart,
And Strength in the Body.**

**To Live in Friendship and Harmony
And to Learn the Joy of Helping
Others**

**To Do My Best Everyday, In Every Way,
To Show My**

BLACK BELT ATTITUDE!

-Sensei Eddie Wilcoxon



SIMS Martial Arts Academy

722 Fort Crook Road North

Bellevue NE 68005

www.simsdojo.com

Effective Sept 1st 2025



CONSISTENCY is the KEY to SUCCESS.

“We are what we repeatedly do, EXCELLENCE, then, is not an act, but a habit.” - ARISTOTLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lunch Jiu-Jitsu 11:30am - 12:30pm		Lunch Jiu-Jitsu 11:30am - 12:30pm		11:00 - 12:30pm 10th Planet Jiu-jitsu	Wrestling 12:00pm-1:00pm
	*Home School Jiu-Jitsu 12:30pm - 1:30pm					Open Mat 1:00pm - 2:30pm
Tiny Tigers Ages 4 - 6 yrs 4:30pm - 5pm	Youth Jiu-Jitsu Ages 7+ 5pm - 5:45pm	Tiny Tigers Ages 4 - 6 yrs 4:30pm - 5pm	Youth Jiu-Jitsu Ages 7+ 5pm - 5:45pm			
Youth Jiu-Jitsu Ages 7+ 5pm - 5:45pm	10th Planet Jiu-Jitsu 6pm - 7:30pm	Youth Jiu-Jitsu Ages 7+ 5pm - 5:45pm	10th Planet Jiu-Jitsu 6pm - 7:30pm	LEG LOCKS 6pm - 7:00pm		
Jiu-Jitsu 101 6pm - 7pm		Jiu-Jitsu 101 6pm - 7pm				
10th Planet Jiu-Jitsu 7:00pm - 8pm		10th Planet Jiu-Jitsu 7:00pm - 8pm				

It takes 21-28 days to create a new habit. TRAIN OFTEN.

*Homeschool Jiu-jitsu has a variable schedule. Please go to www.simsdojo.com for more details.

Still not training? Jiu-Jitsu Changes Lives. Take a trial class today . Text 402-612-6916

www.simsdojo.com



SIMS Martial Arts Academy

1121 Central Ave
Nebraska City, NE, 68410
www.simsdojo.com
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Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
				No Classes
				Available for Private Lessons
Tiny Tigers Jiu-Jitsu 4-6 years old 4:30pm - 5:15pm.		Tiny Tigers Jiu-Jitsu 4-6 years old 4:30pm - 5:15pm.		
Youth Jiu-Jitsu Ages 7+ 5:15pm - 6pm	Advanced Youth Jiu-Jitsu Ages 5+ 5:15pm - 6pm	Youth Jiu-Jitsu Ages 7+ 5:15pm - 6pm	Advanced Youth Jiu-Jitsu Ages 5+ 5:15pm - 6pm	
Adult Jiu-Jitsu 6pm - 7pm	Adult Jiu-Jitsu 6pm - 7pm	Adult Jiu-Jitsu 6pm - 7pm	Adult Jiu-Jitsu 6pm - 7pm	

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SIMS Martial Arts Academy

Home of 10th Planet Auburn

1916 O Street

Auburn, NE, 68305

www.simsdojo.com

Effective Sept 1st 2025



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Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
				No Classes
				Available for Private Lessons
Youth Karate Ages 5+ 4:30pm - 5:15pm.		Youth Karate Ages 5+ 4:30pm - 5:15pm.		
Youth Jiu-Jitsu Ages 5+ 5:15pm - 6pm	Youth Jiu-Jitsu Ages 5+ 5:15pm - 6pm	Youth Jiu-Jitsu Ages 5+ 5:15pm - 6pm	Youth Jiu-Jitsu Ages 5+ 5:15pm - 6pm	
Adult Jiu-Jitsu 6pm - 7pm	Adult Jiu-Jitsu 6pm - 7pm	Adult Jiu-Jitsu 6pm - 7pm	Adult Jiu-Jitsu 6pm - 7pm	

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