



Student Handbook

Head Instructor: Jason Bebber
Assistant Instructor: Daniel Fredell
Judo Instructor: Nitch Manrique



Mission Statement

Our mission at Fénix Jiu-Jitsu is to uphold the art and techniques set forth by its creators. One of the greatest aspects of Jiu-Jitsu are the respect and fellowship that come along with the art. We strive to uphold the reputation we have built within the Brazilian Jiu-Jitsu (BJJ) community and maintain an open invitation for all grapplers to feel welcome on our mats.

Overview

Brazilian Jiu-Jitsu is a Martial Art developed around the turn of the century in Brazil. Originally developed as a self-defense Martial Art, the modern form of BJJ has two functions self-defense and sport. BJJ relies heavily on the principles that the vast majority of altercations end up on the ground. If you accept that theory, then it would only stand to reason that the person who can dictate where the fight takes place and who is most skilled in that place would be victorious.

The simplest way to describe BJJ is the art of controlling your opponent and attacking with joint manipulation or strangleholds until that opponent is rendered unable to fight. Many people have a common misconception that BJJ artist only fight from their backs; BJJ practitioners are taught how to attack and defend from any position they may find themselves in. The creed we at Fénix Jiu-Jitsu live by is Control, Separate, and Submit.

Rank Breakdown

The ranking system in Brazilian Jiu-Jitsu is based on five belts: White > Blue > Purple > Brown > Black. Promotions between belts are given as stripes and each belt will have four stripes before promoting to the next belt. The average time from beginning to Black Belt is around 7 - 12 years making it one of the most detailed Martial Arts ever created. Brazilian Jiu-Jitsu is constantly evolving due to the high level of competition.

Lineage

Mitsuyo Maeda > Carlos Gracie Sr. > Helio Gracie > Carlos Gracie Junior > Renzo Gracie > Derek TC Richardson > Jason Bebber

FAQs

How long does it take to get a blue belt?

All belts must be earned through continuous training and dedication. The blue belt usually takes 1-2 years depending on the level of progression and dedication.

Does Jiu-Jitsu involve strikes?

Normal competition classes and sparring will not involve striking, but the self-defense techniques will show how to effectively strike and avoid strikes.

Am I too old for Jiu Jitsu?

You are never too old to start something new and challenging. The age range of our current students are anywhere from 15-70yrs.

What is a typical class like?

Fundamental classes are slower paced, working on the basics of BJJ. There is no stretching beforehand we just dive right in to the curriculum. The instructor will teach two or more techniques, then students will practice with a partner. Close contact grappling will happen in this class, but no sparring. Questions are always welcome.

Advanced Classes are more in-depth. We will first warm up and stretch, then dive into more advanced techniques, sometimes expounding upon a previous class or something someone would like to practice. Again, the instructor will show two or more techniques and the students will drill with a partner. Close contact grappling will also happen in this class. The last thirty minutes will consist of live rolling or sparring. You do not have to roll during this time, but we encourage new students to watch until they feel comfortable to try. Our class is a very relaxed and fun atmosphere and while any Martial Art poses a risk of injury, BJJ is very safe if practiced correctly.

What do I need to wear?

To classes it's best to wear flip-flops, and comfortable gym clothes. If you own a Gi, it's best to wear those Mon & Wed evenings. We also have a Pro Shop where you can buy a Gi if you choose to continue.

Gym Etiquette

- Keep finger nails/toes well maintained
- Maintain personal hygiene - both body and clothing
- No shoes on the mats – No bare feet off the mat
- Bow before stepping on and off the mat
- Never face an Instructor or the Lineage while tying your belt
- Show respect to the facility and all training partners
- Control your ego at all times
- Stay on topic and continue to drill as instructed
- Speak to an Instructor after class with any issues you have
- Refrain from training if you are sick or have any skin issues

Class Schedule

Monday and Wednesday	Youth	5:30pm - 6:10pm
	Fundamentals Gi	6:15pm - 7:00pm
	Advanced Gi	7:00pm - 8:30pm
Tuesday and Thursday	Morning Jiu-Jitsu	7:00am - 8:00am
	Judo	6:00pm - 7:00pm
	No-Gi	7:00pm - 8:30pm
Saturday	Youth	10:00am - 11:00am
	Judo	11:00am - 12:00pm
	Open Mat	12:00pm - 2:00pm

*Competition Team Meetings will be Saturdays from 2:00pm - 4:00pm in the months leading up to competition. Please let an instructor know if there is an upcoming event that you are interested in.

First week of classes are free
Law Enforcement Officers train for free!



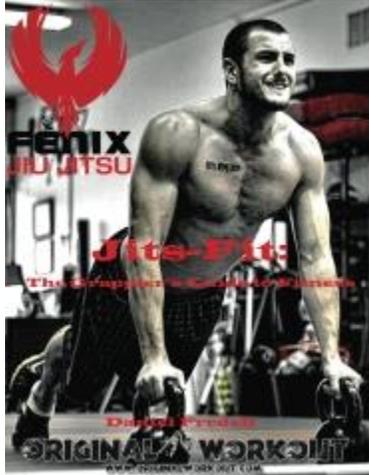
Pricing

Standard price is \$80 a month and that includes 2 Fundamental Classes, 2 Advanced Gi classes, 2 Advanced No-Gi Classes each week. Open Mats are always free to all grapplers. Family discount for 2 students is \$120 a month for all classes. Mat fee for drop-ins during weekly classes are \$10 daily.

Private lessons are also available by appointment only at \$50/hr. Half hour sessions are available for \$25. Private lessons can be shared for up to 4 individuals.

Strength and Conditioning

We also offer personalized training programs for all combat athletes within our facility. Fénix Jiu-Jitsu is located on the lower level of one of the best Training Centers in North Carolina. Original Workout Athletic Training Center is built to accommodate athletes throughout every phase of their training. We offer one-on-one and small group training for weight-loss, muscle gain, athletic performance, nutritional guidance, and lifestyle changes.



Jits-Fit: The Grappler's Guide to Fitness is the first book by Fitness Professional Daniel Fredell. Daniel has spent many years on the mats as well as in the gym. In this book, Daniel shows how maintaining a fitness routine is essential to maintaining an effective game as a Martial Artist. Available now on Amazon.com.

“The human body is the deadliest weapon ever created. It can squat, bend, press, pull, rotate, sprint, hit, and kick on command without the need of an external attachments. Brazilian Jiu-Jitsu is a software update that teaches you how to properly use the tools you were born with. In the words of Grand Master Helio Gracie, “What the Samurai did with their swords, we do with our hands.” The Samurai knew the importance of keeping their swords sharp and conditioned for peak performance in battle. Therefore it is important to supplement resistance training with Jiu-Jitsu. The techniques are very important, but maintaining a healthy, strong body will not only assist the technique, it will also create the resilience needed to combat injuries.

In this book, I will show you how to build training systems with exercises that directly translate into the Jiu-Jitsu lifestyle. Technique will usually beat strength, but we have all been smashed and picked apart by a meathead with a lighter belt. Why not have the best of both worlds?”

To schedule an appointment with one of our trainers, please refer to the Personal Training tab or contact the gym directly.

Original Workout
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(828) 256-1155
originalworkout@gmail.com

Testimonials

“Being NEW at anything is challenging, but when you combine experience, dedication, and enthusiasm, with a professional attitude you will be successful. In just a few days or weeks you can see the change and growth. Step on the mats and you feel the energy and devotion. There is a caring, nurturing atmosphere and team spirit already in place at Fe'Nix Jiu-Jitsu!” - Jeff Mingus

“This place is absolutely amazing. Amazing people and nice, lax atmosphere. By far my favorite place to be. These people are like family to me and we have so much fun at this gym. We learn amazing techniques than can and will save your life one day. Everyone should learn Jiu Jitsu. Not to mention this gym is clean, organized and professional. It improves every day. I highly recommend this place to everyone!” - Summer Carpenter

“Great place to learn and practice Brazilian Jiu Jitsu, the facility is awesome and improving every time I go there. I would recommend anyone that wants to train, to go. The people are the best part; we all want to learn and get better not destroy our training partners due to ego. We are more family than anything.” - Jason Sculthorpe

“Fénix BJJ has a lot going for them, from the facility to the learning environment, and the staff and students supporting it all. I have been training with instructor Jason Bebber for about two years now. Jason is very knowledgeable and is always striving to improve himself and everyone around him. I highly recommend anyone interested in training to come by Fénix BJJ.” - Natalie Ortega

“I've trained in Jiu-Jitsu academies all over the country and Fenix BJJ has some of the nicest students, fun classes, clean facility and instructors that make you feel like part of the family. I would recommend anyone who lives in or near Hickory train here!” - Sensei Derek “TC” Richardson - Renzo Gracie Black Belt