



# Student Handbook



*Welcome Message from Coach Alder*

# What is Jiu Jitsu?



Some historians of Jiu-Jitsu say that the origins of "the gentle art" can be traced back to India, where it was practiced by Buddhist Monks. Concerned with self-defense, these monks created techniques based upon principles of balance and leverage, and a system of manipulating the body in a manner where one could avoid relying upon strength or weapons. With the expansion of Buddhism, Jiu-Jitsu spread from Southeast Asia to China, finally arriving in Japan where it developed and gained further popularity.

In the last days of the 19th century, some Jiu-Jitsu masters

emigrated from Japan to other continents, teaching the martial arts as well as taking part in fights and competitions.



Esai Maeda Koma, also known as "Conde Koma," was one such master. After traveling with a troupe which fought in various countries in Europe and the Americas, Koma arrived in Brazil in 1915, and settled in Belem do Para the next year, where he met a man named Gastao Gracie.

The father of eight children, among them five boys and three girls, Gastao became a Jiu-Jitsu enthusiast and brought his oldest son, Carlos, to learn from the Japanese master.

For a naturally frail fifteen-year old Carlos Gracie, Jiu-Jitsu became a method not simply for fighting, but for personal improvement. At nineteen, he moved to Rio de Janeiro with his family and began teaching and fighting. In his travels, Carlos would teach classes, and also proved the efficiency of the art by beating opponents who were physically stronger. In 1925, he returned to Rio and opened the first school, known as the

"Academia Gracie de Jiu-Jitsu."

Since then, Carlos started to share his knowledge with his brothers, adapting and refining the techniques to the naturally weaker characteristics of his family. Carlos also taught them his philosophies of life and his concepts of natural nutrition. Eventually, Carlos became a pioneer in creating a special diet for athletes, "the Gracie diet," which transformed Jiu-Jitsu into a term synonymous with health.

Having created an efficient self defense system, Carlos Gracie saw in the art a way to become a man who was more tolerant, respectful, and self-confident. With a goal of proving Jiu-Jitsu's superiority over other martial arts, Carlos challenged the greatest fighters of his time. He also managed the fighting careers of his brothers. Because they were fighting and defeating opponents fifty or sixty pounds heavier, the Gracies quickly gained recognition and prestige.

Attracted to the new market which was opened around Jiu-Jitsu, many Japanese practitioners came to Rio, but none were able to establish schools as successful as the Gracies. This was due to the fact that the Japanese stylists were more focused on takedowns and throws, and the Jiu-Jitsu the Gracies practiced had more sophisticated ground fighting and submission techniques. Carlos and his brothers changed and adapted the techniques in such a way that it completely altered the complexion of the international Jiu-Jitsu principles. These techniques were so distinctive to Carlos and his broth-

ers that the sport became attached to a national identity, and is now commonly known as "Brazilian Jiu-Jitsu," practiced by martial artists all over the world, including Japan.

Source: <http://www.ibjjf.org/jjh.htm>



# The History of 10th Planet Jiu Jitsu



10th Planet Jiu Jitsu was originally the brainchild of Eddie Bravo. Eddie, was first introduced to Jiu Jitsu the way many people were, through Royce Gracie via the original UFC, or Ultimate Fighting Championship, way back in 1994. Bravo, a former Karate practitioner and a high school wrestler, was immediately sold on the effectiveness of this new Brazilian rendition of an ancient Japanese martial art.

Eddie signed up for lessons under the world renowned Brazilian Jiu Jitsu Champion, Jean Jacques Machado. Machado, along with his 4 brothers are Cousins to Royce, and the Gracie family. He is the Nephew of the BJJ co-founder and great Master Carlos Gracie. Jean-Jacques is also considered one of the best BJJ world

champions to ever live. It was here at this school, Bravo excelled as a student of the art, and as a vicious competitor. He competed in many tournaments all over the world, and was known for his unorthodox approach, and exciting submission attacks. He became a household name in the BJJ community, and received his black belt after submitting Royler Gracie at ADCC (Abu Dahbi Combat Club). At this, the most prestigious Nogi grappling tournament on the planet, Bravo forced Gracie to tap to a triangle choke. Until that moment, Gracie had never even had 1 point scored on him. Bravo became the first American to ever submit a Gracie.



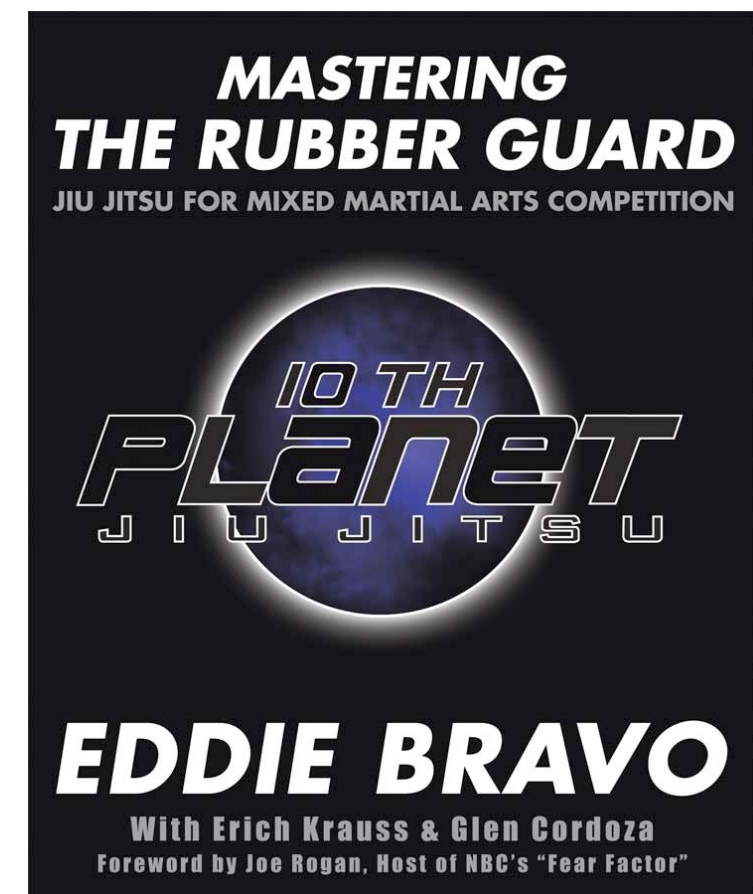
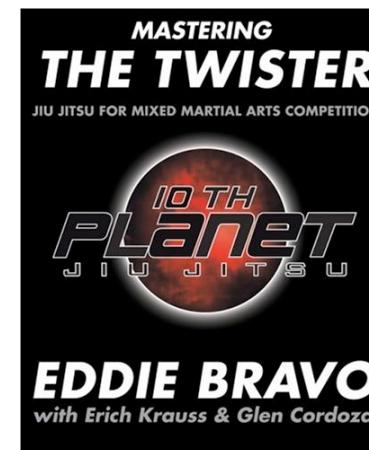
After this moment Eddie decided to focus on his own martial arts system. He was a huge proponent of No-gi Jiu Jitsu, a form of Jiu Jitsu that doesn't use the aid of the traditional uniform, the gi, a.k.a. the kimono. Jiu Jitsu's effectiveness had drastically declined in MMA, and he wanted to make a style more usable in the cage and in the ring. Bravo created a style

based on clinching using underhooks, overhooks, collar ties and other grips that didn't depend on the usage of clutching clothing to gain an advantage. It was a different philosophy, and was scoffed at by many traditionalist. Eddie would take huge amounts of criticism, but he moved forward regardless of the of what people said.

In 2003, Eddie founded 10th Planet Jiu Jitsu in a small Kick Boxing Gym, The Bomb Squad, in West Hollywood, California. With little promotion, It was a risk starting his own Nogi Jiu Jitsu gym, but on the first night 17 student showed up. That number has grown substantially over the years. There are now upwards of 40 schools around the world, and countless practitioners of the system from Melbourne Australia, to Van Nuys, California. 10th Planet Jiu Jitsu, although being a complete system of no-gi Jiu Jitsu is most known for its signature positions such as the Lockdown, a half guard system in which the bottom player configures his legs in a way that controls the leg and hip. The twister, a submission based on a wrestler's guillotine, where the attacking person controls the leg and hip similar to the lockdown, but comes behind the opponent and attacks the neck and spine. Also, the Rubber guard, a clinching form of the guard in which the bottom player uses their leg to break the posture of their opponent.



Bravo is also an author and has published 10th Planet Jiu Jitsu books 3 books, "Jiu Jitsu Unleashed," "Mastering the Rubber Guard," "Mastering the Twister." "Advanced Rubber Guard: Jiu Jitsu for Mixed Martial Arts Competition" is set to be published in 2012. Eddie has also released 2 DVDs, "The Twister," a compilation of his matches from the beginnings, all the way through his submission of Royler Gracie, and "Mastering the Rubber Guard," which was a DVD version of the popular book. Eddie also has a bi monthly web series, "Mastering the System" in which he gives an intimate look inside the 10th Planet System.





# Coach Alder



Alder Hampel was born in 1978 in Portland Oregon. He has been practicing martial arts since the age of 8. He's trained in such styles as Kung Fu, Karate, Japanese Jiu Jitsu, Tae Kwon Do, Judo, Wrestling, Boxing and Kickboxing. Everything changed for him in 1994 when he witness possibly one of the most revolutionary moments in all of martial arts, UFC 1. As an avid pro wrestling fan, Alder watched as Royce Gracie unmercifully applied finishing hold, after finishing hold, as his opponents were forced to submit. Being as Gracie Jiu Jitsu wasn't easily accessible to a teen ager with little money, he sought out as much information as he could, reading every magazine he could get his hands on. Until eventually, he met a like minded high school classmate named Robert Hooks jr.

Robert trained at the Gracie Academy, and offered to roll with him at his house after school. After Alder was swept, had his guard passed, got mounted and finally submitted, there was no turning back, he was addicted.



Alder began his first BJJ classes in 1996 with the legendary Jean-Jacques Machado. From there he went on to received his blue belt with Renato Magno of Street Sport Jiu Jitsu. It wasn't until Alder started training with Eddie Bravo in Nogi, that he began to excel in leaps and bounds. He discovered 10th Planet Jiu Jitsu by accident when he visited Chris Reilly's Muay Thai gym, The Bomb Squad,, across the street from his work in West Hollywood. Although he was familiar with Eddie Bravo, it wasn't until Alder had actually trained under him, that he saw how innovative 10th Planet Jiu Jitsu actually was.

Although Alder has competed in the past, his true passion is coaching. He stresses the idea of learning how to learn. His

ability to fill in his students holes, break down techniques and making techniques work has by gained him the respect of his students and peers alike. Alder's teaching method stresses the importance of drilling, sparring, game planning, competing, goal setting and journalling ones progress. He feels this is the way to becoming a complete martial arts. He also believes adjusting ones game, through trial and error, is the road to building a strong game.



Alder is considered world wide as one of the best ambassadors and instructors for 10th Planet Jiu Jitsu. He has been all over the globe advising upstart 10th Planet Schools and teaching seminars. He also has gained much notoriety because of his blog, [www.10thplanetwatch.com](http://www.10thplanetwatch.com). Currently, he's been slowing down on his travels to focus on building his own 10th Planet academy in Van Nuys, California.

Alder has worked with and cornered many amateur and professional MMA fighters. Which includes cornering Dan Hardy for his UFC title fight against Georges St. Pierre. , his goal is to

focus on building fighters from the ground up. He believes the truest test of coaches ability is to build something out of nothing. Any gym can be blessed with an amazing athlete, but he believes it's what you can do with your weakest link that shows a coaches character.





# 10 Things Every Beginning Grappler Needs At 10th Planet Jiu Jitsu Van Nuys



By: Coach Gabe

A question often asked by beginning grapplers looking to sign up at 10th Planet Jiu Jitsu Van Nuys is, “What do I need once I sign up?” I’ve compiled a list of ten absolute essentials once you decide to start training with us.



First things first, everyone needs a team uniform. Wearing the

Van Nuys MMA or 10th Planet Van Nuys T Shirt or Hoody during class creates an even tighter knit team atmosphere and feeling of unity amongst all students. All of us need to be sure we arrive to class with the team shirt or hoody already on and wear it through the warm up and drilling portion of class.

Underneath your uniform, feel free to wear a Rashguard. A rashguard is meant to protect your skin while grappling on the mat. Plenty of our grapplers wear these under their team uniforms so they can represent in the first portion of class but if they don’t want to roll and possibly mess up their shirts,

they take them off and just wear their rashguard to spar.



Next up is the topic of bottoms, Fight Shorts or Gi Pants. Fight Shorts are basically board shorts that are specifically designed for combat. These shorts are made to be more durable and functional than regular

board shorts. They usually have a slit side for more hip mobility or a stretch- crotch so that they don’t rip or tear. Also, the majority of them have sublimated graphics so nothing can stick you to the mat when you’re trying to shrimp. Some grapplers prefer Gi pants as opposed to shorts for a few reasons. One reason a few grapplers like using Gi pants is because they prefer to have more of their skin covered up while on the mat.

Another reason for the Gi pants is for friction. It reduces skin on skin contact meaning that there is less sweat involved so that people can't just "slip" out of submission attempts. A 10th Planet Jiu Jitsu Van Nuys Patch can be put on your fight shorts or Gi Pants to represent your gym. Many of us put these on our shorts so we can wear it into battle and rep our gym if we go into competition.

Next up on the list, is an absolute essential for me....a cup. Some grapplers don't like to wear it because it can be uncomfortable, but I've found that the cup and compression short combo from Shock Doctor or Dirty Boxer is very comfortable and functional. Accidents happen and it's better to be protected in my opinion.



The benefits of a good quality mouthpiece go without saying. Preventing concussions and protecting your teeth are just two of the many reasons a good mouthpiece is essential for you to bring to training. Although you aren't taking any direct

punches or kicks in grappling, like I said before, accidents happen and it's better to be safe than sorry.



The only other piece of head equipment you'll need for grappling, if you feel you need it, is an earguard. Earguards are meant to prevent your ears from cauliflower ear or to reduce the pain you get from it. These are totally optional and the majority of people I know don't wear them but it is something that some wear so they deserve a spot on our list.

Nail Clippers & a Nail File may seem like a weird thing to put on our list but these two items that go hand in hand make sure your personal hygiene is in check before you go on the mats. If you notice on the way to class that your nails are certified Wolverine claws, fix that please before you get on the mat. Snip em real quick outside and file them down so they're soft. We all prefer students do this in their own home but keep a spare for such an occasion.

A form of disinfectant soap is necessary for all jiu jitsu practitioners, especially in the beginning. Your immune system is not used to some of the different types of germs you may



come into contact with on even the cleanest mats like we have. Showering after every practice is essential and using the right soap is just as essential. To prevent all infections, use a disinfectant soap specifically designed for our sport. There are several companies (Defense Soap, Super Body Care, Athletic Body Care, etc.) that offer tons of different products to fend off the germs we come into contact with on the mats. My personal favorite is Defense Soap.



So...where's all this stuff going to go? A quality Gear Bag is a great investment. Look for one that's made with strong, breathable material that can fit everything you'll be needing for class.





# Class Descriptions



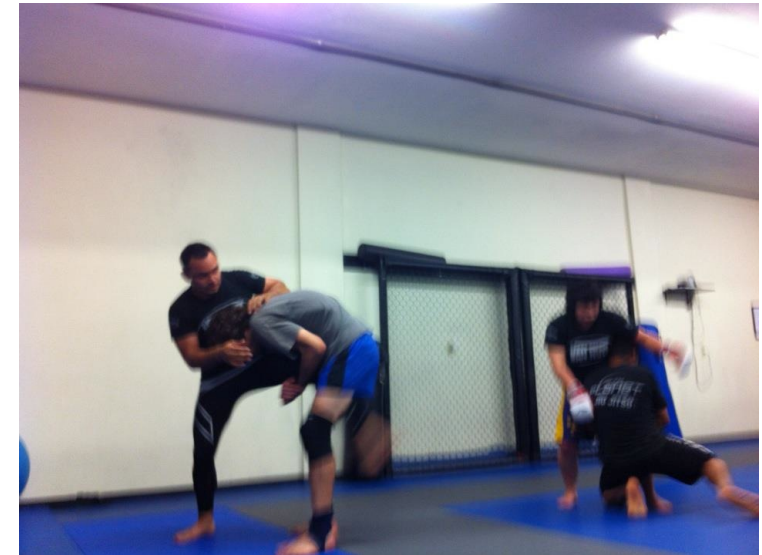
## Fundamental Jiu Jitsu

Fundamental Jiu Jitsu is the building blocks of our program. It is our basic class best suited for beginners, or for people wishing to polish their basics. It is here you will learn the basic terms, class structure, movements, takedowns, positions, locks, chokes and other submissions. This course is a requirement in order to graduate to the advanced program.

## Advanced Jiu Jitsu

This course is built on the principles learned in the fundamental classes. Once a student has tested out of the fundamental program, the student continues into this class. Advanced Jiu

Jitsu is a 12-14 month program that covers more sophisticated movements, sequences, and signature 10th planet curriculum.

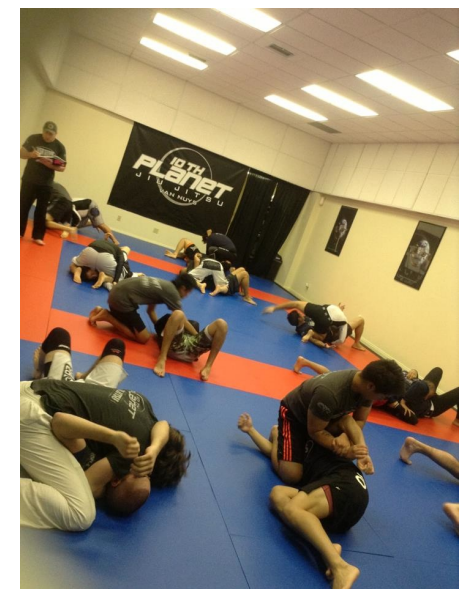


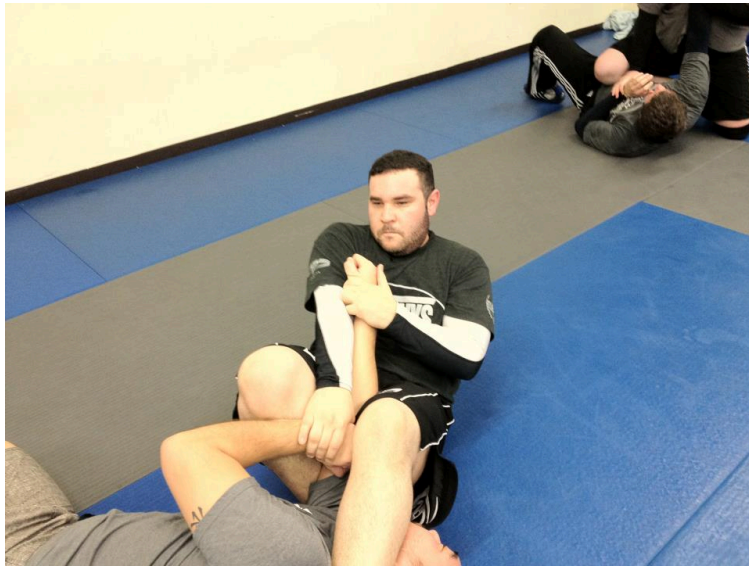
## Wrestling

Wrestling is a form of combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. Our wrestling curriculum has been modified to fit its modern day application as it pertains to Jiu Jitsu and mixed martial arts

## Open Training

This class is at your own pace. If you want to drill, ask questions, work on flexibility, roll, train for a competi-





tion, work on your game plan, work on your cardio, up your strength and conditioning, wrestle, spar MMA, do ground and pound, or do anything else you can think of. It's a casual, loose format, so that anybody

can work on any part of their game that they want to. There's always coaches on the mat if you need help. (Uniform and appropriate safety equipment required)



## All Levels Training

This class is for anybody that wants to participate. It is recommended, but not required that the student has been through the fundamentals program.

## Alpha Black

This is an upgrade program for the most dedicated students that wish to reach the black belt level. Only students that have been through the fundamentals and advanced program (or the equivalent of) are eligible for the Alpha Black program. This program focuses on theory, advanced game planning, advanced chains, customized sequences and other more complex ideas. (Invite only)





# Class rules



## Be On Time!

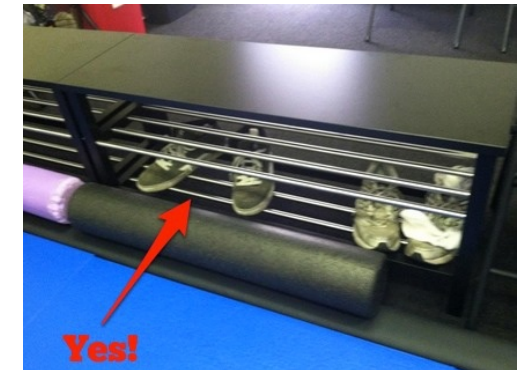
Please do your best to be on time for every class. This is also a big distraction, and no one wants to be “that guy” that everyone else has to wait on, and you don’t want to miss out on valuable time on the mat. If being late is completely unavoidable, please make sure your instructor knows about it before hand, and when you arrive, you should wait for permission from the instructor to join in on the class.



## Cell Phones

Please leave all cell phones on silent or turn them off and leave them off of the mat. They are a distraction.

**Put your shoes in the shoe rack**



New students and returning students once you walk in you must take your shoes off before walking on to the mats. We have designated benches for your shoes under the rack of the benches. All belongings, water bottles, drinks, sweaters must go in the dressing area on the shelves.

## Checking In

The first thing you do when you enter the gym before anything, is checking in. Let the front desk person know who you are. The front counter has a clip board. On it are the different levels of classes. Find your class, (advanced, fundamentals, etc), write your name in a blank box, and write an "X" showing you were in attendance. If you are late, you will make a "/" which is half credit. two "/" marks equal one "X" so avoid being late! In order to test, you will need a certain amount of classes PRIOR to the testing date.

Fundamentals = 6 classes a month

Advanced = 8 classes a month, (10 recommended!!!)



If there is a class going on do not cross the mats without permission from the instructor. Wait patiently/quietly on the outskirts until instructor grants you permission. Do not disturb the focus of the class on your way to the dressing room.

### **Say Hi!**

If you see anyone waiting in the front please say hi and introduce yourself, they might be signing up that day it's scary for them to try out a class. Remember they might be your future rolling partner and you were the first one to welcome them here.



We are big into the concept of team. Part of being a team is making sure everybody respects and acknowledges one another. One of the ways we insure this is with a handshaking ritual. When you enter the mat or locker room, go around to each individual, make eye contact and shake their hand. As the other students filter into the mat, they will do the same. This way, prior to the beginning of class, you will have already shook everybody's hand.

### **Uniform**

You must wear grappling appropriate clothing on the mat at all times. Uniform is mandatory at all classes. Shorts must not have zippers, metal buckles, etc. All protective equipment (mouth-



piece, cup, headgear, etc) should be worn at all times to avoid injury.

We accept cash and credit cards for uniforms. We have shorts, shirts, Gi's, patches, and rashguards available to purchase. Please inform the staff so we may help you get the correct size and product you may need in for class.

### **Bowing**

#### *Bowing Before Entering and Exiting the Mat*

Prior to stepping onto the mats, we bow while facing it. We bow to show respect for the gym and the events that are about to take place on it; respect for learning, for teaching and the art. To some martial artists, the mat is their canvas and along with tradition, bowing represents natural order; mutual respect. Similarly to bowing onto the mat we also bow prior to leaving. This is also done facing the mats to again, show respect and ensure that we leave the mats as they were prior to us coming onto them.

If a class is in session please do not cross the mats without permission from the instructor. Wait patiently/quietly on the outskirts until instructor grants you permission. Do not disturb the focus of the class on your way to the dressing room.

#### *Bowing Before Class*

As a sign of respect, we use many old school martial arts rituals. Bowing in and out classes is one of them. Our bowing pro-

protocol has the students line up in 5 symmetrical rows, shoulder width apart, with our toes just behind the line on the mat.

### *How to line up*

Row 1 - The back row closest to the wall, furthest from the instructor is designated for the white belts.

Row 2 - One mat length in front of white belt, is blue.

Row 3 - One mat length in front of blue, is purple belts

Row 4 - One mat length in front of purple, is brown belts.

Row 5 - The front row, facing the class, is the instructor. To the left of the instructor go the, black belts, assistant instructors, and special guests.



### *How to bow*

1. On the assistant instructors command, the class is instructed to turn and face row 1, ONLY the white belts bow

while the rest of the rows do not. The white belts will bow the most amount of times.

2. Row 2 turns around, to face the front, and only the white and blue belts bow.

3. Row 3 turns around, and only white, blue, and purple belts bow forward.

4. Row 4 turns around and everybody bows to row 5, while row 5 bows in return. The students break on 3, and the warm up portion of the class begins.

### *Bowing out*

At the end of class, the instructor will instruct the class to line up. At that point the class will form one line. High will line up on the right side and descend down in order to the lower belts on the left. The instructor will make the announcements, and then will bow out the class. This begins the high five snake. The assistants, black belts or special guest will high five the instructor and then line up to their right shoulder. Now the entire line comes around to the instructor, high fives him, and proceeds to do the same down the line. By the end, everybody will have high fived each other, and class is officially over.



### **Talking During Class**

No talking to your partner while the instructor is teaching. You can help out your training partner when the instructor breaks to practice back and forth, but don't distract him before then. Everybody is there to learn from somebody who has lots of experience, not the white belt who wants to show off to the other new white belt how much technique he has.  
(or thinks he has.)

### **Help Keep the Gym Clean**

All trash or recyclables belong in the correct receptacle. We have bins in the front of the gym and in the back changing area.





# The Art of Rolling



## Bowing 'IN' and 'OUT' of your roll

Before any sparring takes place, whether it is ego-less or competitive, we bow before and after the roll. If starting from standing, the individuals will slightly flex at the hip and if beginning from the kneeling position, while sitting on our heels, we place both hands flat on the mat directly in front of us and bow our heads down, towards them. This is more than just simple actions added to sparring, bowing is a telling your opponent that you are there to respectfully compete with them. Along with the pre-roll bow, after the match is over, regardless of the outcome, a bow signifies respect for the spar

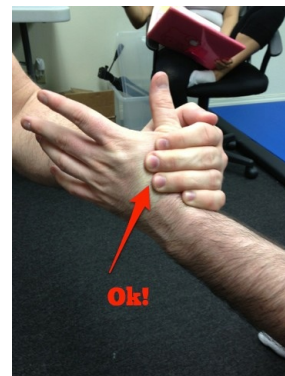
and your opponent. Bowing has been and remains a great way to keep that notion, conscious.



## “Technique vs Muscle”

“Slow is smooth, and smooth is fast”. Unique too many notions that we recognize in physical activity, Jiu Jitsu can yield great retention, understanding and progress with a disregard to time. When it comes to submissions, safety of our training partners is one of the most important things to remain cognoscente of. One of the beautiful things about Jiu Jitsu is the absence of needed aggressive action; and we have seen this time after time, with thousands of high level matches around the planet. An added benefit for using technique over muscle is the very likely scenario that the survivor’s will outlasts the attackers’; then physiology takes its toll with muscle fatigue, elevated heart rate, shortness of breath, etc. Technique cannot only be adaptive, but it can be repeated, perfected and then practiced to a limit that has yet to be found where as muscle has many obstacles and boundaries that can be considered, sometimes, a disadvantage.

Always be aware of your surroundings. It is very important when rolling or doing any other kind of training, to always be aware of your surroundings. This is to avoid the injury of yourself or any other students or instructors.



No single digit hand grabbing. This is when you are trying to control someone else's hand by grabbing just 1 of his or her fingers. This is very dangerous and can result in broken or sprained fingers. The best way to control someone else's hand is by the wrist.

No Clawing. When grabbing the wrist, DO NOT dig your nails into the other person's arm. Be sure to wrap your hand com-

pletely around the wrist. A sure way to avoid this is to always keep your nails cut short and clean. This will insure the safety of your training partner and help prevent open wounds and infections.



## The Art of Tapping

You can tap the mat, tap your partner, tap the mat with your feet. Your partner may not be able to feel your taps at times, so to be safe always say tap out loud while tapping.

*Tap Early and Tap Often*  
*by Coach Ryan*

One of the biggest misconceptions I had about Jiu Jitsu early on was that tapping was bad. I'll admit I broke one of my own rules early on and felt bad when I had to tap. In my still developing jiu jitsu mindset if I tapped I was a loser. Of course over the years I have learned that this can't be farther from the truth. Over at 10th Planet Van Nuys we don't believe that tapping out is admitting defeat. Instead when you tap out you are giving your partner props for a job well done. Honestly one of



the best ways to learn is to get tapped out. Again I know this line of thinking seems like it goes against our instincts because no one really likes to admit defeat but tapping is one of the best things you can do to learn.

## **So What's Legal While Rolling?**

### *Grabbing Clothes*

This is an illegal technique in Nogi Jiu Jitsu, and is considered in poor taste. The Nogi uniform is not designed to withstand such an attack, and will result in tearing or stretching your training partner's clothing. Uniforms are expensive, and you must respect your partners. You ARE however, allowed to grab your own shorts.

### *Illegal submissions*

For purposes of training, certain moves have been considered illegal in training. Some are not allowed at all, while others are only allowed after blue belt.

### *General Bans*

No bending fingers backwards in an attempt to submit or escape. No neck cranks submissions. This means moves that attack the neck that are not considered chokes. Such as can openers. Twisters are ok for blues). No flying scissors takedowns. No eye gouging, or moves that attack the eyes or orbitals. No



small joint attacks. No grabbing the trachea. No sticking fingers into orifices.

### *Higher Belt Moves*

Blue belts and above can go for these submissions, on blue belts and above. For safety reasons, no White belts doing, or having these moves done to them.

-Twisting leg locks (heel hooks, inverted heel hooks, twisting ankle locks, toe holds etc)

-spine locks

-Bicep slicer

-Calf slicer/crusher

-Body crushes



### *Slamming*

Slamming and spiking is not allowed in class. When performing throws, or taking somebody down, you must perform the technique with control. You may not use force in driving your opponent into the mat. You may not try to intentionally hurt or injure. Spiking a partner is intentionally slamming somebody on their head or neck. This is not only illegal, but it is extremely dangerous. If you lift your partner up and they slide off, that is ok.



# Becoming A Good Training Partner



## Good Training Partners by Coach Alder

What I myself look for in a good partner is first and foremost, trust. I'm putting my safety in this person's hands, I sure as hell don't want to get hurt by a careless/crazy/ego driven person. I need to feel comfortable with them to be able to focus on my technique, and not be afraid he's going to snap my arm. If I'm practicing a move, and I'm worrying more about that person spazzing out on me, my technique is going to suffer. If I don't trust somebody, I don't want to train with them.

I'm careful in who I choose to roll with as well. I'm very concerned with injury. If I feel my partner will try to spike me

with a power bomb while trying to get out of a triangle, I won't roll with him. If I feel a partner will potentially put his knee on my orbital to escape a kimura, I won't roll with him. If everybody has this mentality, it should hopefully force the bad apple to either change, get kicked out or quit. Either way that's a win for the team. Contrary to popular thought, you're not a "wuss" if you choose to not roll with a certain partner, to avoid getting hurt. I've accepted the fact that I'm going to get injuries here and there, but if it's avoidable, I'd rather pass on training with a jerk today, than not roll tomorrow. I'm getting to be an old guy, I'm a product of the 70's, I'd rather train smart, than be a tough guy and sit on the sidelines icing my wounds.

Please, be kind to your training partners! These people are the ones helping you get better, train for tournaments, teach you new moves, give you details on existing moves. It's not a competition to see who can hurt each other the best. This is already a rough enough sport, we don't need to be getting injured every time we show up to class. This might seem pretty obvious, but don't bully people. Yes, I am talking to you adults! What does that prove? Ok maybe, you're entertained at some poor saps expense, but what happens when there's no more poor saps to torture, because you've ran them all out of





the gym. A bad training partner can make an otherwise fun sport a terrible experience. I've seen people avoid certain classes to avoid problem training partners. I've also heard of seen people leaving gyms because the owner or the coach never addressed these bad training partners and people were either injured or abused.

At 10th Planet Van Nuys my coaches and I are very careful to

address people who may be abusing their partners. I make sure they understand what they're doing is not cool. If they continue to do it, I won't hesitate to protect my team, and remove that person from our gym.

Another thing to watch out for is the opponent resisting 100% or reversing the position on you during training. I'm not talking about when you're rolling live, I'm talking about when we're learning a move and drilling it. If I'm working my technique and the person keeps blocking my



technique, chances are they're, not helping, they're just being a jerk. Maybe you have all the best intentions in the world by trying to show him what could happen, but first let's learn the move before we start talking about the options of what could happen when some body does, "this or that." Let your partner do the move, help them, correct them, but it's just annoying if you shut them down. Sometimes it can be helpful, you don't want your opponent getting in repetitions of something that is incorrect, but you don't have to go hard and fight them in order to show them what they're doing is incorrect.



## **Avoid Becoming The Walking Dead by Coach Ryan**

### *What is Zombie Drilling?*

Zombie Drilling is simply just going through the steps. Your brain goes on auto pilot and you really don't think about what you're doing. In essence you become lazy with your drilling.





So why is Zombie Drilling bad? Well one of my main grips with it is that it's not realistic. For arguments sake let's talk about the double leg takedown. If you have ever watched a high level wrestler hit a double leg live you know that they are quick. Once they commit to their level change and shot, they move as fast as they can. For many of us non wrestlers when we go through a double leg we take a long time to set it up. We level change....and then pause...We then take the shot....and pause...We then grab the legs...and pause....Then we finish it. If I were to try that in a real life setting we would get destroyed. The instant that we paused our opponent would sprawl, grab a guillotine, or just simply back up....No more double leg.

### *How To Avoid Zombie Drilling*

I know it seems like I'm against slow drilling but I'm not. In fact I need to drill slowly at first when I learn a new move. I never try a move at 100% of my speed the first time. I like to slowly walk through the move and make sure I know all of the

little details. I would encourage you to do the same at first. Sometimes a small detail like your head placement on a double leg takedown can be the difference between finishing the takedown and getting your takedown stuffed.

With that being said, once you get the concept down it's time to turn up the speed. Again let's look at how this applies to the double leg takedown. Start by first increasing the speed of your level change. After you feel like you really have the level change down then increase the speed of your shot. From there increase the speed of your leg grab. By this point you now have most of the move down. All you have to do is increase the speed of your finish and congratulations you can now hit a double without pausing! Now when you get into a live setting you know the movements for the double and you have confidence in your ability to finish the move.



So what can your partner do to help you? Well a good partner should never just be a rag doll. Your partner should offer resistance. I'm not condoning your partner using 100% of their defense. A good drilling partner should give you enough resistance so you can figure out where the holes are in your movement. For example in the double leg if my partner keeps notic-



ing that I leave my head out for a guillotine they should grab it!!!! By not grabbing it they are basically telling me that it's ok for me to put my head there. By grabbing the guillotine my partner is helping me become aware of a bad habit. From there it's my choice...Do I fix the habit and improve my move or do I keep making the same mistake? I have learned a lot about my movements because partners have done this to me.



# What Are Mat Cooties by Coach Alder



At 10th Planet Van Nuys we understand that it's important to keep the gym clean in order to avoid skin infections. They can lead to missed training time, or worse they can cause serious health issues. That's why we clean and disinfect our mats several times a day with a cleaner that kills the viruses, bacteria and fungi. But it doesn't stop there. YOU should make sure you're taking precautions, take showers after you practice and use an anti-bacterial soap. If you can't get to a shower right away, you can use disinfectant wipes to hold you over. If you want to take preventative steps, there are also protective foams you can put on your body prior to training. If

you aren't already using one, I suggest you use Defense Soap. Make sure you train hard, but more importantly, train smart.

## *14 Preventative Tips*



1. Shower BEFORE getting on to the mats. Through out your day you can pick up all types of stuff, don't bring that into the gym. Not to mention none of your teammates want to roll with you if you have a case of the stinkies.
2. Shower after rolling. Don't wait too long to get home and wash yourself down. Using things such as tea tree oil soaps, defense soap and other such products will help. Make sure you scrub down with a washcloth, loofa or other such items to make sure you get super clean. If this doesn't work for you, have your girlfriend hose you off in the backyard.
3. Clip your nails. Cutting open people because you have sharp talons is never fun for the person on the receiving end. I have a scar right between my eyes because some jerk was too lazy to clip his nails before class.
4. Don't go off the mats, outside or in the bathroom without your shoes on. You'll track all types of dirt and other yuck back onto the mats.

5. Cover all cuts, scraps or open wounds. Nothing nastier than getting bled on. Not to mention you can get infections

6. Sanitize yourself. I carry a bottle of hand sanitizer in my bag and in my car that I use after training. Wipes are also a popular choice for many of our training partners.

7. Brush your teeth. Nothing is worse than getting stuck in a head and arm that's reinforced by dragon breath.

8. Wash your mouth guard. If that thing touches the mat, make sure you rinse it well before inserting it back into your mouth. Listerine kills bacteria, I like to soak my guard in it.



9. Wash your clothes. Once you've sweated and rolled around in gear, make sure you wash it. To get out odor that stay with your clothes after washing, use vinegar in the wash, it helps.



10. Wash cups, sweaty towels, ankle sleeves, knee pads head gear etc. Just like any other article of clothing, you need to keep everything clean! You wouldn't continuously wear the same rash guard without washing it right? These items should be treated no differently.

11. If you are sick, stay off the mats until you're better. No brainer right? Don't be that guy (girl) that gets the entire team sick!

12. If you have ring worm or any other skin disease that can be pass on, stay off the mats! Inspect your training partners if you think they may have something. If they do, refuse to roll with them until it has cleared up.

13. Remember the people in the gym are your training partners, not your competition. Do NOT bully, spaz, try to hurt, crank or do anything else that might be hurtful both physically or mentally to your gym family. If there is a problem with a particular student, avoid rolling with them and tell me or the gym enforcer and we'll handle it appropriately.



14. Deodorants and body sprays are your friend. Now, I'm not saying you need to smell like you're going creepin' with The Situation and Pauly D., but if you know you have a predisposition to smelling a little "ripe," use generously!