
CROWN BJJ WELCOME PACKAGE

VENCIT QUI SE VENCIT

CROWN BJJ

WELCOME to Crown BJJ

We feel extremely fortunate that you have chosen Crown BJJ as your home for learning Jiu-Jitsu. Please feel free to contact us for any reason, especially if you have suggestions as to how we can improve the way that we serve you.

WHAT IT INCLUDES:

- Motto
- Class Etiquette
- Stepping on and off Mat
- Class Attire and Hygiene
- Training
- Class Schedules
- Private Classes
- Stripes and Belt Promotions
- Adult Belt Ranking (16+)
- Youth Belt Ranking (3-15)
- Payment, Contract and Cancellation
- Cancellation Policy
- School Closure 23'-24'
Observed holidays
- Safety and Visitors
- Safe Environment
- Visitors Welcome

Motto

VENCIT QUI SE VENCIT

Vencit qui se Vencit means “he conquers who conquers himself” this is the core of everything we do. We strongly believe that as men, women and children that we have lots to keep conquering in ourselves. This starts with respect. Respect for self, body, training partners, professors. We are all seeking to discipline ourselves in such a way that we conquer our old bad habits, whatever habits those are.



Class Etiquette

All classes at Crown BJJ begin and end with a formal ceremony. This is to show respect for the professors, instructors, and fellow students. It is brief, we line up with the senior belts on the right of us, and quickly bow prior to doing the warm-ups, and after class ends. We end after bowing by giving a quick handshake to each other person in class and then class is over.

Class Etiquette

- Keep quiet during instruction
- Sit, kneel, or stand respectfully
- Respect your training partners and their bodies
- Listen without interrupting
- Support lower ranks
- Line up quietly by rank order at the beginning and end of class
- Keep the mats clean
- Parents and visitors - please do not get on the mats or coach from the sidelines
- Be positive toward all other classmates
- Stepping Onto and Off of the Mat
- No Shoes On the MAT
- Every time you enter or exit the MAT please bow, or nod your head briefly, facing “front” of the mat space.
- No Jewelry is allowed to be worn on the MAT (silicon rings are ok, and any piercings that can't be removed must be covered with tape)
- No watches, Fitbit or other fitness measuring devices are allowed to be worn on wrists or ankles during training, if you have any questions regarding your device - Ask Us! Exceptions can be whoop arm bands or clothing, a chest heart rate monitor etc.
- Foot Wash - before stepping onto the mat please clean your feet at the foot washing station prior to stepping onto the mat, then quickly dry on the towels.

Students are expected to be on time for class. Promptness is a sign of discipline. Warm-ups are an important part of the training and they help in the prevention of injury. It is also can be disruptive to the class when a student enters late. If you are late, please stand on the side of the mat and quietly wait by the foot wash station for the Professor/Instructor to give you permission to step onto the mat.



Class Attire

Uniforms



The Jiu-Jitsu Gi (uniform) is the formal Japanese name for the traditional uniform used in Jiu-Jitsu practice and competition. It is derived from traditional Japanese clothing. The original Jiu-Jitsu Gi was modeled after the traditional kimono and other Japanese garments around the early 1900s. The Jiu-Jitsu/Judo Gi was the first modern martial arts training uniform.

Students are required to wear the proper attire to class, all uniforms must be clean and free from colognes or perfumes.

A simple rule to know: ALWAYS WASH YOUR UNIFORM

- **Gi Class Uniform: Crown BJJ Gi, Crown BJJ Rash guard, Belt No Gi Class Uniform: Crown BJJ Rash guard, Crown BJJ**
- **Shorts/Leggings/Spats (Or Gi pants). Shorts, leggings and spats must not have zippers or pockets**
- **Self Defense Class Uniform: Crown BJJ Rash guard/T-shirt, Crown BJJ Shorts/Leggings (Or Gi pants)**





Hygiene

- Good hygiene is of extreme importance, we get close...really close!
- Please shower and wear deodorant
- Keep nails and toenails short and clean (nails can be a safety hazard)
- Brush your teeth/Use mouthwash (mouthwash and cups are in the restrooms and mat side if needed)
- Open cuts or wounds must be covered completely during training (Band-Aids/tape are available if needed)
- No watches or other fitness measuring devices are allowed to be worn on wrists or ankles during training, if you have any questions regarding your device - Ask Us!
- Please remove foundation/powder/blush or other transferable makeup (It rubs off on the uniforms/mats. Makeup remover wipes can be found in the restroom cabinets if needed)

A true martial artist does not go into class with the intention of hurting their teammate or by putting them at risk on or off the sidelines. This can be done not just through injury, but infection. On the low end it can be an inconvenience, on the higher side it can result in a trip to the hospital. Personal responsibility should be practiced by all members of Crown BJJ to avoid spreading infection to one's teammates. Any team member who knows they have or could have an infection is encouraged to let your instructor know. We sell body wipes with antibacterial qualities at the pro shop. Grab some Vencit wipes and wipe off before and after training.

Our equipment is only one side of the equation. The other side is a person's body. The simplest rules apply. Do what you would expect (or at the very least, prefer) your teammates do. Shower between training sessions. If not just to reduce the risk of transmitting infection as discussed above, but to be courteous and respectful to fellow teammates. Nobody wants to roll or drill with a person who smells of body odor. For children and adults who occasionally cannot shower right after practices, all exposed skin must be washed as soon as possible (face, hands, feet and especially any skin abrasions). Vencit wipes are a great solution to the issue of not being able to shower promptly after class.

Training and Class Schedule



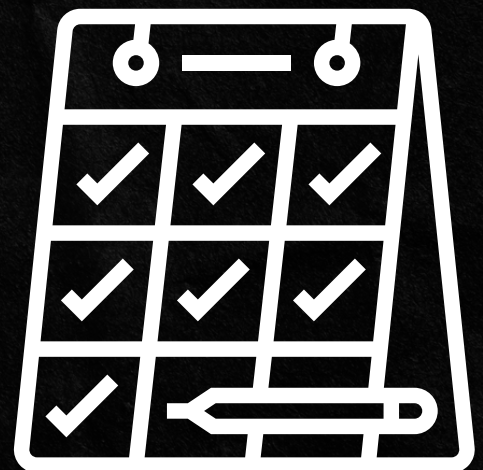
Consistency is the key to success in your Jiu Jitsu training. Everyone starts Jiu Jitsu for different reasons. Regardless of your reason for starting, you must train on a consistent basis to achieve your individual goals. Your training program should consist of at least two lessons per week.

Our professors and instructors take a personal interest in each student's goals and progress. Personal conferences with your professor/instructor are encouraged. Please feel free to address any concerns or questions you may have.

Although we will strive to keep our class schedules consistent there may be times when classes have changed, please check our website for the most up to date information on class times and days.

Class schedules are posted online at

www.CrownBJJ.com/schedule



Classes and Programs

We have classes designed specifically for your needs:

- **Kids:** We focus on creating an environment, where kids can learn life-changing martial arts skills, that will help them overcome the many challenges life presents. Kids classes are designed for all levels and are designed for youth ages 3-15.
- **Fundamentals:** Learn the beginning fundamentals, the basic concepts, techniques and movements of Brazilian jiu-jitsu in a safe and fun environment.
- **Intermediate/Advanced:** After completing the fundamentals curriculum students can continue their growth and development by entering the more advanced classes.
- **Specific Training:** This is during all classes, but it is a time where the intensity goes up, to more of a sparring intensity, but the objectives are much more defined and are in the positions that we just got finished learning.
- **Sparring:** Great for cardiovascular exercise, and getting that extra practice of using the moves you learned during the week into practical use.
- **Competition:** These classes are designed and offered to help students who are competing plan and prepare for competitions in addition to learning competition scoring & rules. They are extremely intense, and not for people during the first 3 or 4 months of learning.
- **Self Defense:** No one should ever feel intimidated or threatened. Our self-defense classes focus on helping individuals build their confidence in a safe environment.
- **Seminars and Other:** CrownBJJ will host and may partner with others to hold seminars and other classes/events. There may be additional fees or costs associated with these other events or seminars.
- **Private Classes:** If you are looking for additional instruction, you may schedule a private class with one of our instructors or professors, these classes can be scheduled at a mutually convenient time. Private classes are not included in your monthly membership.

Other Services



Recovery: At Crown BJJ we take training and body recovery very seriously. We have designed a recovery program with a 20 person Sauna, Hyper-Baric therapy, Cold plunge ice baths, Game Ready compression icing, Red light therapy, Bemer PEMF device, massage, stretching, and other recovery equipment and tools. (Reach out for more information to add recovery program to your membership)



Laundry: We have onsite laundry available, so you don't have to worry about having a clean uniform for class, let us do that work for you!



Private Parties and Events: Want to host a corporate party, a birthday party or other event at Crown? Ask a Crown representative and we will help you put together an event package to meet your needs. Nerf guns included.

- Personal Training
- Meal Services
- Corporate Events



Stripes and Belt Promotions

Just as we all have different reasons for practicing Jiu-Jitsu, we will also have a slightly different promotion journey. At Crown BJJ we do not charge “testing fees” or “belt fees” or promote at paid seminars for our members.

Stripes will be given based on the number of classes you attend. You can expect to earn a stripe somewhere between 30 and 75 classes, depending on your individual Jiu-Jitsu goals, and what belt you are. Belt promotions will be based on class attendance, etiquette, competency and will generally follow the promotion outline below:

Adult Belt Ranking (16+)

Youth Belt Ranking (Age 3-15)

WHITE BELT
 30 SESSIONS TO STRIPE 1
 30 SESSIONS TO STRIPE 2
 40 SESSIONS TO STRIPE 3
 40 SESSIONS TO STRIPE 4
 40 SESSIONS + PROF APPROVAL TO BLUE BELT

BLUE, PURPLE, BROWN - 75 SESSIONS BETWEEN EACH STRIPE AND BELT

Red & Black Belt
 This belt is reserved for Masters who have been black belts for thirty years or more.

Red Belt
 The 10th degree red belt is limited to the pioneers of Brazilian Jiu-Jitsu: Carlos, Oswaldo, George, Gastão and Hélio Gracie, also known as the Gracie Brothers.

***COMPETITIVE ATHLETES @ PROFESSORS DISCRETION**

Check into Gymdesk

ADULT CROWN BJJ PROMOTION TIMELINES

| Skill level group | Kids belt group | Belt | Belt sample | Age group | Minimum time in grade |
|-------------------|-------------------|--------------|-------------|-----------|---------------------------|
| Beginner | White belt group | White | | Any | Beginner |
| Intermediate | Grey belt group | Grey/White | | 4-15 | 8 months in previous belt |
| | | Grey | | 5-15 | 8 months in previous belt |
| | | Grey/Black | | 6-15 | 8 months in previous belt |
| Intermediate | Yellow belt group | Yellow/White | | 7-15 | 8 months in previous belt |
| | | 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 |
| | | 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 |
| | | Green | | 14-15 | 8 months in previous belt |
| | | Green/Black | | 15-15 | 8 months in previous belt |

12 SESSIONS FOR KIDS, IN BETWEEN STRIPES
 KIDS RECEIVE EIGHT STRIPES BEFORE PROMOTION
***COMPETITIVE ATHLETES @ PROFESSORS DISCRETION**

Check into Gymdesk

KIDS CROWN BJJ PROMOTION TIMELINE

PAYMENT, CONTRACT, CANCELLATION

At Crown BJJ, we want to focus all our energies on teaching. We would like to avoid being distracted by matters of student tuition. Therefore, we require payment to be made by credit card and we bill every 2 weeks. This does not apply for seminars or 1-time programs, payment options for these other types of classes and events will be discussed with you prior to purchase.

Membership Freezes:

□At-Will Freezes: The Member may freeze their membership for up to ten (10) days at a time. To freeze their membership, the Member must provide written notice to Crown BJJ at least 24 hours in advance. The freeze will automatically come off after ten (10) days. The Member may freeze their membership at-will two (2) times per year at no extra charge. Additional at-will freezes will result in a \$25.00 charge per freeze.

□Hardship Freezes: If the Member is injured or out of town for an extended period, they may request a longer, hardship freeze. Crown BJJ will review each hardship freeze request on a case-by-case basis and grant such requests at Crown BJJ's sole discretion.

Cancellation Policy

a) Member Cancellation: The Member may cancel this contract at any time by providing thirty (30) days' written notice to Crown BJJ. If the Member cancels a contract, the Member will be responsible for the outstanding balance of the contract. Any prepaid fees are non-refundable except in the event of serious injury or illness confirmed by a doctor's note, and approved by Crown BJJ management.

b) Crown BJJ Cancellation: Crown BJJ reserves the right to cancel a member's membership if the Member fails to abide by Crown BJJ's rules and regulations or Utah law, or for any reason Crown BJJ sees fit.

CANCELLED



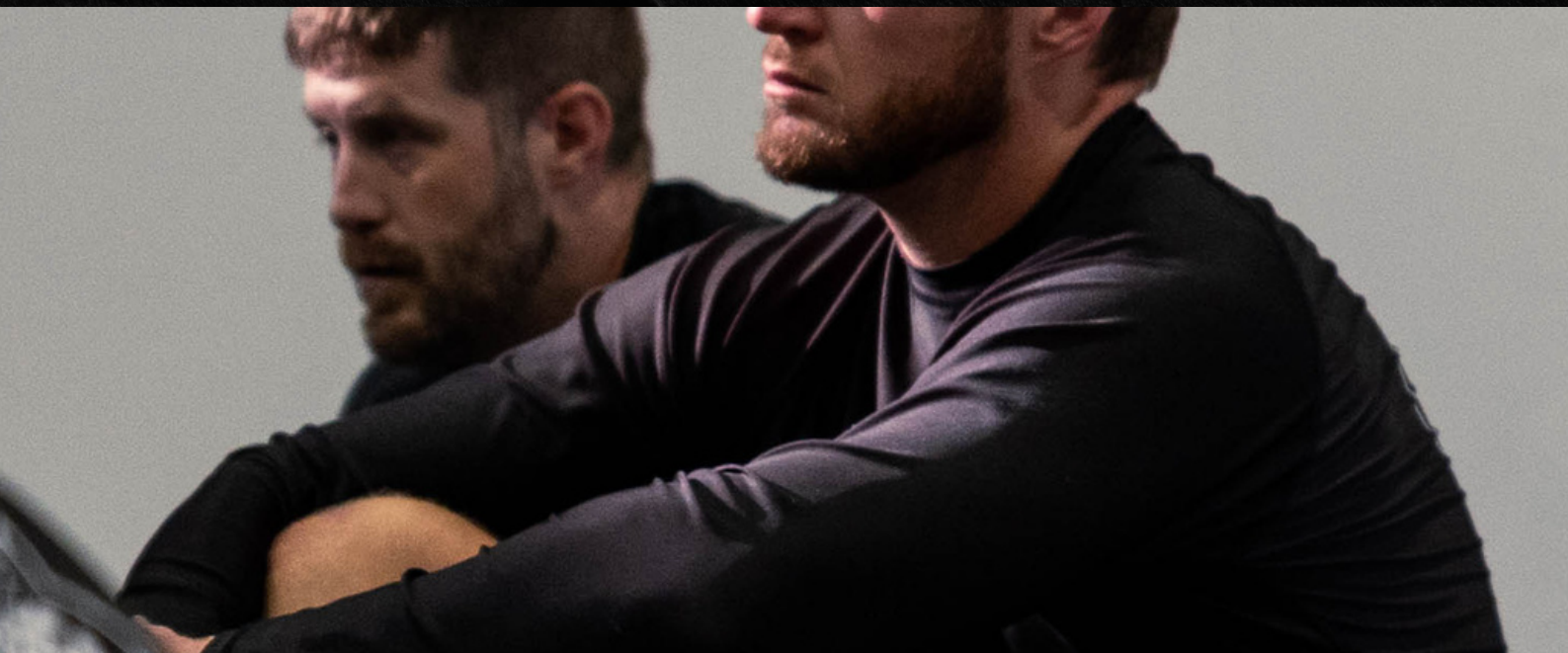
School Closure 24',25' & Observed Holidays

School Closure 2024-2025 Observed Holidays

Crown BJJ will be closed on the following Holidays. Please note on some holidays we will hold an open mat, please watch for updates closer to each holiday or ask a member of our staff.

- **New Year's Day**
- **Memorial Day**
- **Independence Day**
- **Labor Day**
- **Thanksgiving**
- **Christmas Eve (no PM Classes)**
- **Christmas Day**

This does not affect the monthly tuition. There are always more than enough classes to choose from throughout the month.



Safety

Jiu Jitsu will make you quicker, stronger, more confident, and better able to defend yourself. The techniques you will learn here at Crown BJJ are very effective and dangerous techniques. As a student of Crown BJJ, you have the responsibility to use what you have learned strictly for Self Defense.

Gym Cleaning

A clean gym is one of our top priorities. Our staff clean the facilities multiple times throughout the day, and all staff & into class uniforms are washed after each use. Following each class our mats are cleaned with a Sterilight UV light mat cleaner to negate bacteria, viruses, fungus and odors. Additionally, we use an industrial floor scrubber with some specialized mat cleaning liquid to scrub mats once daily.

Although cleanliness is one of our top priorities, there are things to watch for. A common infection in martial arts gyms is Staphylococcus Aureus, which can cause a range of skin illnesses like a few pimples to bacteremia and sepsis. It can remain visible on dry surfaces, survives even longer on wet surfaces, but the easiest method of transmission is from skin to skin.

So, it's fairly obvious how this can relate to jiu-jitsu. Another common problem is ringworm. If you have a ring-shaped rash this is a sign of ringworm and should be checked with a doctor.

Our school and our students go through every step to eliminate these problems however they are still common to our sport. It is very important to realize this and not be embarrassed to ask your instructor, teammates or doctors if you have any signs.

Safe Environment

Whether you are experienced or just beginning jiu-jitsu your safety is our primary goal. All students are required to respect the experience and ability of their training partners, and our training sessions are ALWAYS supervised.

Most of our training is done in the 50-75% range, the 80%-100% trainings are used for colored belt training & competition classes. At any time, you feel uncomfortable with the training level intensity you are responsible and highly encouraged to ask your training partner to reduce intensity.

Visitors Welcome!

To ensure a safe and focused training environment for all our students, we kindly request that parents and visitors not participating in the training refrain from stepping onto the mats. This rule is in place to maintain the integrity of our training space and to prevent any distractions during classes.

For visitors interested in joining the training session, we require prior registration and the completion of a waiver and release form. This form is mandatory and helps us ensure that everyone participating is aware of the potential risks involved in martial arts training. Safety is our utmost priority, and we appreciate your cooperation in this matter.

To maintain a positive learning atmosphere, we kindly ask that sideline instruction or coaching from parents or visitors is not permitted. Our dedicated instructors are trained to provide expert guidance, and this policy ensures that students receive consistent and focused training without confusion.

We understand that some visitors may have children attending the program. In such cases, we request parents to supervise their non-training children at all times. Children should remain quiet and respectful, allowing everyone to concentrate on their training. Your cooperation in ensuring that your child adheres to this policy is greatly appreciated, as it contributes significantly to the overall success of our classes.

We believe that these guidelines will help create a supportive and encouraging environment for all participants. Thank you for your understanding and cooperation. If you have any questions or concerns about our visitor policy, please do not hesitate to contact our staff. We look forward to providing a positive and enriching experience for both our students and their families.

White Belt Starter Kit

Regardless of your reason, when you decided to try jiu-jitsu, you decided to start a journey that can be fun and rewarding - and YES, it will be challenging at times.

Crown BJJ wants to be your travel guide as you set out on this journey!

This series “White Belt Starter Kit” will help guide you through your journey. This kit has been designed to answer some of the most common questions you may have, it will also explain ways you can maximize your training benefits and highlight some of the practices that will make you a helpful and valuable training partner. WELCOME to CROWN BJJ!

White Belt Starter Kit

Regardless of your reason, when you decided to try jiu-jitsu, you decided to start a journey that can be fun and rewarding - and YES, it will be challenging at times.

What should you expect from a typical BJJ Class? A typical BJJ class at Crown BJJ, like most reputable Brazilian Jiu-Jitsu academies, includes a warm-up, detailed technique instruction, partner drilling, live sparring (rolling), opportunities for questions and feedback, a cool-down, and adherence to the belt ranking system. The classes may offer both gi and no-gi options, prioritize safety and respect, and foster a strong sense of community and martial arts culture. If you're new to BJJ, expect to start as a white belt and progress through the ranks as you gain experience and proficiency in the techniques.

Bowing at Crown BJJ is used both as a sign of respect and a greeting.

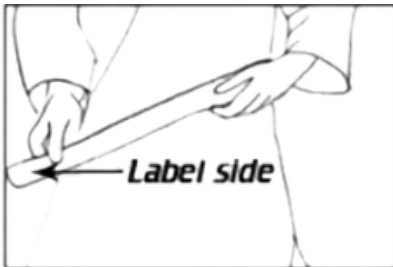
Bows between students, instructors and professors are both used as a sign of respect and as a gesture of hello and goodbye as well as a sign of mutual respect.

When should a student bow?

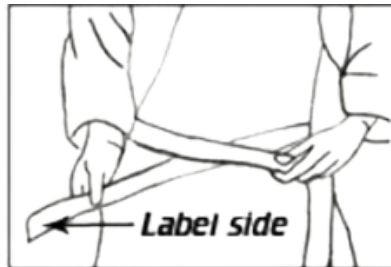
- The first and last bow of every visit to Crown BJJ occurs at the edge of the mat before class and at the end of class. This is done for a number of reasons. First off it is used to show respect to the professors and instructors. It should remind the student that they are entering a place of learning and remind them to set their personal lives aside for the time they are at the school, to focus their minds, and to address their discipline accordingly. This bow should be done EVERY time the student enters and exits the mat.
- A bow should also be used when first greeting any instructor and or black belt. When a student first enters a room with a black belt in it, the student should bow and say “OSS” followed by the instructor or black belts title. Ex. “OSS Professor” This bow should be returned by the black belt to the student as a sign of MUTUAL respect and NOT EGO. This is also true when a black belt first enters the room a student is in. The student should again bow to the black belt followed by “OSS Professor” or the appropriate title. This is also to be returned by the black belt as a show of mutual respect. Reminder: These bows are only done when a student or black belt first enters a room. They are not repeated every time the student or black belt steps in and out of the room.
- There is a formal bowing ceremony at the beginning and end of every class to show respect to the instructors, black belts, and fellow students.
- Students should also bow to each other each time they are to commence and end training with each other. Ex. Bow before and after practicing self-defense together, sparring, grappling, etc.

White Belt Starter Kit

How to tie your belt



Place the belt on your waist with the label side on your right



Wrap the other end of your belt (the non-label side) around your waist



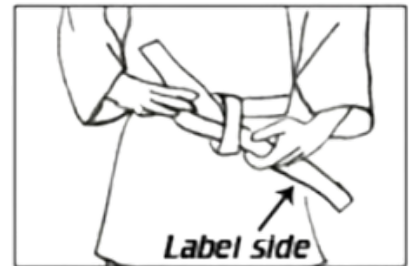
Wrap that same end around your waist a second time



Tuck the non-label side of your belt under the rest of your belt that's on your waist from the bottom



Place the non label side of your belt over the label side to make a loop



Push the end of the non-label side through the loop



Pull both ends to form a neat knot. When done correctly, knot should resemble a fortune cookie

PROSHOP

FOOD

| | |
|------------|--------|
| G2G Bars | \$3 |
| LMNT Salts | \$1.50 |
| Built Bars | \$3 |

DRINKS

| | |
|---------------------|--------|
| Jocko Fuel | \$3 |
| Jocko Molk | \$3.75 |
| Gatorade | \$3 |
| Prime | \$3 |
| Arrowhead Water | \$0.75 |
| Smart Water | \$2 |
| Other energy Drinks | \$2.50 |

GEAR

| | |
|---------------------|---------|
| Mouthpiece | \$17 |
| Ear magnet | \$45 |
| Finger tap | \$15 |
| Freeze Sleeve | |
| S-XL sizes | \$39.99 |
| 2XL size | \$49.99 |
| Self Defense Wipes | X |
| Grey towel | \$5 |
| Small Medicine Ball | \$10 |
| Large Medicine Ball | \$15 |

MAT WEAR

| | |
|-----------------|-------|
| Rash Guards | \$40 |
| Old Style | \$35 |
| Gi | |
| Black | \$150 |
| White | \$100 |
| Training shorts | \$45 |
| Mens Spats | X |
| Women Leggings | X |
| Backpack | \$50 |

CROWN WEAR

| | |
|--------------|-------|
| Crown Shirts | \$ 35 |
| Lon Sleeve | |
| Short Sleeve | |
| Hats | \$10 |
| Beanies | \$20 |
| Water Bottle | \$15 |
| Hoodies | \$60 |
| Sweat Pants | \$60 |

Additional information

Birthdays at Crown BJJ Are a Real KICK! Birthdays include: Fun! 1 1/2-hour party Martial Arts class Lots of games Cake of choice with school logo Soda or Juice Paper Products Crown BJJ tattoos and brochures for party favors Best of all - No mess to clean up! Cost: \$200 for 15 children \$10 each additional child 15% gratuity paid cash at end of party Ask about our Crown BJJ Water Bottle - Party Favor Package. (Additional Fee) Ask staff for details and availability. Availability is limited so make sure to reserve your next kicking party today!! Martial Arts! Games! Cake!

Other Programs and Events Available Many other activities are available at Crown BJJ. Some are free and some are available for a nominal fee. Some of these activities are listed below. See a representative for details on any of these programs. If you are interested in something and you don't see it listed below, just ask and we may be able to provide for you.

1. Private Lesson / Pre-Test Students struggling with a technique or just in need of review can receive extra help. See the program director for scheduling extra help. Private lessons are \$20 for 15 minutes and \$30 for 30 minutes. Pretests are free.
2. Birthdays See attached flyer for details. Birthdays should be scheduled a few months in advance since available dates are limited.
3. Special Seminars Would you like to plan a seminar on Self Defense, Awareness, Rape Prevention, etc. at your work or just for a group of friends? If so, see a Crown BJJ representative for details about how to schedule a seminar.
4. Take Professor to School Would you like to take Crown BJJ to school? Crown BJJ is available to teach seminars in schools. See a staff member for availability and to schedule Crown BJJ to visit your school.

Winter Weather Closing Policy

It is the goal of Crown BJJ to be open whenever possible. When deciding whether or not to close, the safety of the students and the staff comes into consideration. Because our schedule has us opening later in the day with the exception of Saturdays, decisions on whether Crown BJJ will be open or not for the evening is usually not made until around 2:30 in the afternoon. Many times, an early morning snow fall that may cause delays or even closings for other events, are clear by the time classes are to start and I do not want to make a premature decision on closing. Saturdays are the exception. When possible, we will make that decision very early Saturday or even late Friday evening.

Once a decision to close has been made, we will do all we can to let you know.

1. Check Social Media; ex Instagram; Facebook, etc
2. We will message everyone via Gymdesk, Text, Email
3. Feel free to call or chat with our staff @CrownBJJ.com

WELCOME

We are absolutely thrilled to welcome you to the Crown BJJ family! As a new member, you're embarking on an incredible journey of self-discovery, skill development, and personal growth through Brazilian Jiu-Jitsu. We couldn't be more excited to have you on board and to support you every step of the way. Our academy is more than just a place to train; it's a tight-knit community of like-minded individuals who share a passion for martial arts. Together, we'll sweat, learn, and grow as we navigate the world of BJJ. Your commitment to this journey is something we deeply admire, and we're here to provide the guidance, camaraderie, and expertise you need to reach your goals. Get ready for an amazing ride, and welcome to the Crown BJJ family!

CROWNBJJ