# Member Handbook

Updated September 2026

# Table of Contents


Contact Us ..... 3

Welcome to The Cellar Gym ..... 4

Muay Thai ..... 11

Brazilian Jiu-Jitsu (BJJ) ..... 20

Mixed Martial Arts (MMA) ..... 30

Fitness Kickboxing ..... 33

Personal Training ..... 35

Youth Martial Arts ..... 36

Youth Muay Thai ..... 37

Youth BJJ ..... 41

Teen MMA ..... 44

Competition Opportunities ..... 47

The Cellar Gym Community ..... 51

Other Helpful Information ..... 52

## Contact Us

**Address:**
The Cellar Gym
2480 Fairview Ave. N. Suite #11
Roseville, MN 55113

**Phone:** 612-355-2259
**Email:** info@thecellargym.com

**Website:** www.TheCellarGym.com

**Facebook:** The Cellar Gym
**Instagram:** @thecellargym

# Welcome to The Cellar Gym

## Gym History & Overview

The Cellar Gym is the Twin Cities' premier martial arts training facility, offering top-level training in Muay Thai, Brazilian Jiu Jitsu (BJJ), Fitness Kickboxing, Mixed Martial Arts (MMA), and Youth Martial Arts. We are proud to offer highly accomplished and sought-after instructors across all of our programs, as well as in-house personal trainers, weight cut specialists, strength & conditioning coaches, and state-of-the-art equipment including a regulation boxing ring and MMA cage.

The Cellar's owners, Ben and Katie Locken, have over 40 years of combined martial arts experience between them, as well as extensive backgrounds in both coaching and competing. Coach Ben leads the Cellar's adult Muay Thai and MMA programs, while Coach Katie leads our youth Muay Thai program and oversees the Cellar's youth development curriculum.

Since our origin in 2002, The Cellar Gym has been home to a number of notable professional and amateur fighters on the regional and national levels. In addition, The Cellar Gym is well-known for our organized and highly active competition team – our well-trained Muay Thai, Kickboxing, BJJ, and MMA athletes who represent us at fight and competitive events.

## General Rules

1. Safety is our number one concern. Anyone who knowingly and/or repeatedly engages in unsafe training practices may be asked to leave.
2. Members must check in upon arrival, whether participating in classes or open gym.
3. Coaches reserve the right to remove youth and adult students from class.
4. Children may not be left unattended before or after youth classes.
5. Parents of youth members may be asked to collect their children from class in the case of behavioral incidents.
6. The weight room and sauna are strictly for use by members ages 16 and up.
7. Clothing must be worn in the sauna at all times.
8. Clothing and personal protective gear must be changed in restrooms and locker rooms only.
9. Boxing gloves, MMA gloves, or other types of structured hand protection must be worn when punching heavy bags, focus mitts, Thai pads, and other equipment.
10. The gym closes promptly when classes end at 8:30pm Monday-Thursday, 7:30pm on Fridays, and at 1:00pm on Saturdays.
11. Items in the Lost & Found area are not for community use.

## Hygiene

1. Shoes are not allowed on our training mats. No bare feet are allowed in restrooms or locker rooms.

2. Proper hygiene must be maintained. Minimize body odor, neatly trim fingernails and toenails, wear a clean uniform, and clean personal gear after each use.
3. Do not attend classes with communicable illnesses, infections, outbreaks, open sores, or rashes of any kind.
4. Students wishing to participate in multiple or back-to-back classes must have a fresh, clean, dry shirt for each class they plan to attend.
5. No gum, jewelry, or exposed piercings in class.
6. Bathe or shower as soon as possible after class.

## Attire

1. A shirt or top must be worn at all times. A sports bra worn on its own is not permitted anywhere in the gym.
2. For all contact classes (Muay Thai, BJJ, MMA): Shirts must fully cover the midriff. No exposed midriff is allowed during contact training.
3. In non-contact settings (Fitness Kickboxing and the weight room): Cropped shirts are allowed and an exposed midriff is fine – but a sports bra alone is still not permitted.
4. All clothing worn during contact training must be completely free of buttons, zippers, pockets, or metal of any kind.
5. Close-fitting tops (rash guards or compression shirts) are required in no-gi jiu jitsu classes. No tank tops or otherwise exposed underarms are permitted.
6. A shirt or top of some kind must be worn under the gi in BJJ classes. Bare chests and sports bras alone are not permitted under the gi top.

## Etiquette

1. Training must be consensual and mutual. The pace and intensity of partner drills must be agreed upon by all parties. Students may politely decline to work with others for any reason.
2. Drilling, sparring and live rolling is only permitted under the direct supervision of a coach.
3. Proper attire must be worn for each class (gi or rashguard for BJJ, rank shirt and athletic shorts for Muay Thai, etc.). Lack of uniform may result in not being able to attend class.
4. Missing warm-ups completely or arriving more than 10 minutes late (whichever occurs first) may result in being asked to wait for the next available class.
5. Late arrivals must wait mat-side for a coach's invitation to join class. Calisthenic exercises will be assigned to ensure a proper warm-up and to prevent injury.
6. Students may not coach, critique, advise, or otherwise interfere with fellow members during classes unless directly asked for help or instructed to do so by a coach.
7. Students needing to momentarily excuse themselves from class should inform the instructor of their absence.
8. Do not walk across mats where classes are in session.
9. Exit mats promptly after class so that the next session may take place according to schedule.
10. All gear and equipment belonging to The Cellar Gym must be thoroughly cleaned and returned neatly after each use.

## Sauna Use

1. The sauna is a shared, co-ed space for members 16 and older.
2. Appropriate clothing must be worn at all times (no nudity and no changing inside). Shirts/tops are required for men and women.
3. Sauna use is at members' own risk. Members who are pregnant or have a medical condition without a doctor’s approval should not use the sauna.
4. Never use the sauna under the influence of drugs or alcohol, or while dehydrated.
5. Limit sessions to about 15 minutes. Step out immediately if feeling dizzy or unwell.
6. Keep the sauna clean by sitting on a towel and wipe up any sweat spots.
7. Keep it comfortable for everyone – no filming of any kind, no food, and no pouring anything on the heater.

## Photo & Video Recording Policy

1. Our default policy is no photo or video recording by members. Recording is prohibited without prior written authorization from management.
2. Approved content creators and staff may record video under the Cellar’s separate filming agreement; these privileges can be revoked at any time.
3. All members and staff visible in videos or photos must give permission for their likeness to be included in content.
4. Members grant the gym promotional use of photos/videos unless they opt out in writing.

**Video Recording for Educational Purposes**

The Cellar Gym's photo and video policy disallows students or family members from taking photos or videos during training times unless specifically permitted by the coach and with the direct permission of every individual who is visible in the content. However, we do allow members to film during Advanced competition classes. These classes take place on Tuesdays and Thursdays at 11:00AM; Muay Thai/MMA sparring at 10:30AM on Saturday mornings; and BJJ Competition class at 10:30AM on Saturday mornings.

1. Recording can only be used for individual use for reviewing your technique. Videos cannot be posted on social media.
2. Members must still ask training partners, and anyone else visible in the frame, for their direct permission to be recorded.
3. Recording devices must not get in the way of the class. Keep them on the side of the mat.
4. Recording cannot be a distraction or take away from the flow of the class.
5. Parents/guardians can record their children during class, but are not allowed to share images or videos of other people's children on social media.
6. Members or staff who see video recording being done outside of these exceptions (a non-competition class, a non-approved content creator, or someone recording other members or kids) may ask the person to stop, explain the policy, and escalate to an appropriate staff authority if needed.

## Memberships

1. Accounts must be paid and fully up-to-date in order to participate in classes and open gym facilities.
2. Members who wish to cancel or suspend their accounts must complete the appropriate digital request form no less than 15 days prior to their billing date in order to avoid being charged for the month and to be eligible for refunds. Both forms can be found at: TheCellarGym.Com/cancel. Email info@thecellargym.com with questions or concerns.

# Muay Thai at The Cellar Gym

## History of the Sport

The art of Muay Thai originated in Thailand, a Southeast Asian nation known formerly as Siam. Muay Thai's origins began as a hand-to-hand combat training system for the Thai army. Unlike many other martial arts, Muay Thai incorporates the use of knees, and elbows in addition to punches and kicks. Because Muay Thai emphasizes the use of unorthodox strikes using the shins, knees, fists, and elbows, it is often referred to as the Art of Eight Limbs.

Practitioners of the sport are sometimes referred to as "Nak Muay", which translates simply to "Thai boxer" or "Muay Thai fighter". Today, Muay Thai is the official national sport of Thailand, and is practiced internationally in premier fighting organizations such as ONE Championship!

## Ajarn Chai Sirisute

Ajarn Chai is the founder and president of the World Thai Boxing Association; he is credited with bringing the art of Muay Thai to the United States. A practitioner of Muay Thai since the age of six, Ajarn Chai left his home in Thailand's capital of Bangkok in 1968 to teach the martial art in America. Several of The Cellar Gym's Muay Thai black ranks trained and received their promotion directly under Ajarn Chai, including Chris and Jen Cichon, Ben and Katie Locken, and Lucas and Talitha Lundgren. Ajarn Chai regularly hosts seminars and training camps for both beginners and high level Muay Thai practitioners. In the past, The Cellar Gym has hosted Ajarn Chai both virtually and

in-person for seminars and ceremonies; we hope to continue this tradition in the future as well!

## World Thai Boxing Association (WTBA)

Founded and chaired by Ajarn Chai Sirisute, the WTBA is the sanctioning body for Muay Thai in North America. It hosts and regulates Muay Thai tournaments and competitions, as well as creates and distributes the Muay Thai curriculum used by The Cellar Gym and many other gyms across the nation.

## Muay Thai Uniforms

Cellar rank shirts and athletic shorts must be worn for all Muay Thai classes. Cargo shorts and any clothing with zippers or buttons are not permitted.

## Muay Thai Rank System

Traditional Muay Thai does not use or recognize a ranking system. Hemp armbands, called *Prajiad*, are often worn by traditional Thai fighters for symbolic and superstitious reasons. To emphasize safety and progression in the sport, the WTBA has modernized this tradition and now uses colored arm bands to denote rank and approximate skill level.

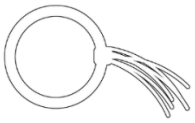
Everyone starts with a White rank, eventually advancing to Yellow, Orange, Green, Blue, Purple, Red, Brown, Black, and beyond. Classes are then divided approximately according to rank so that both beginner and advanced students are challenged appropriately according to their skill level while maintaining a safe training

environment. To advance in rank, students must participate in regularly scheduled rank tests. These tests are generally conducted at a faster pace, and coaches are focused on evaluating each student’s technique and skill rather than on critiquing or giving instruction.

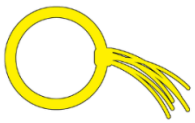
Attendance is one of many factors that goes into determining one's eligibility for rank promotion. We cannot retroactively add members for missed check-ins, so it is important that you diligently record your sessions by checking in upon arrival. To see the most improvement in terms of skill and rank progression, we recommend that students consistently train a minimum of two to three times per week.

Muay Thai

# Rank System



**White**
No Minimum



**Yellow**
Minimum of 2 months at White rank.



**Orange**
Minimum of 4 months at Yellow rank.



**Green**
Minimum of 6 months at Orange rank.



**Blue**
Minimum of 9 months at Green rank.



**Purple**
Minimum of 1 year at Blue rank.



**Red**
Minimum of 1.5 years at Purple rank.



**Brown**
Minimum of 2 years at Red rank.



**Black**
Minimum of 3 years at Brown rank.



**Apprentice Instructor**
Awarded at the discretion of the WTBA.



**Associate Instructor**
Awarded at the discretion of the WTBA.



**Full Instructor**
Awarded at the discretion of the WTBA.



**Senior Instructor**
Awarded at the discretion of the WTBA.

**At The Cellar Gym, we adhere to the graduation system established by the World Thai Boxing Association (WTBA). For more information about the WTBA's graduation system, please visit www.thaiboxing.com.**

## Classes & Program Structure

Our multi-level Muay Thai program is color-coded on the schedule so that students understand the minimum rank required to attend each class (exceptions may apply on an individual basis). As students advance in rank and skill, more classes become available to them. Muay Thai class offerings include:

- **Fundamentals** or **All-Levels** (Open to all levels)
- **Pads*** (Yellow rank & above)
- **Orange rank & above**: Pads, Drills, & Clinch
- **Green rank & above:** Drills (Friday evening)
- **Advanced** (Blue rank & above): Pads, Drills, Clinch, & Hybrid classes

### Fundamentals (All Levels)

Our Fundamentals curriculum is 16 weeks long, with eight rotating weeks focusing on different techniques and aspects of the sport such as a proper stance, basic boxing, and a number of defensive movements. Students who are White rank and above are part of our Muay Thai Fundamentals program. Approximately every nine weeks, students can test for their next rank in order to gain entry into introductory Pads classes, which are color-coded yellow and marked with an asterisk on our schedule.

The majority of our Muay Thai classes take place on the center mats; however, some Fundamentals classes will take place in the heavy bag area so that students can develop proper technique and body conditioning at their own pace. 14-16 oz. boxing gloves are required for Fundamentals classes.

**Introductory Pads (Yellow & Above)**

Yellow rank-specific Pads classes are focused on good technique and pad holding skills. At this level, students will be expected to know numbered boxing combinations 1-5 as well as start to familiarize themselves with combinations 6-10. Students will pair up and take turns between striking and holding pads with a partner to prepare for faster-paced Intermediate level classes. Boxing gloves and shin guards are the required gear for this class. Students at this level should attend both Fundamentals classes and introductory Pads classes.

After additional time in the Fundamentals and introductory Pads classes, students at Yellow rank who reliably demonstrate proper technique and consistent attendance can test again for their Orange rank. Promotion to Orange rank will allow the student entry into the Intermediate level classes indicated on the schedule.

**Orange Rank & Above**

Students at Orange rank are invited to our Intermediate level classes which include Pads, Drills, and Clinch. Intermediate Pads classes are faster-paced, and students are expected to know combinations 1-10 along with their variations. Students also begin glove drills and light sparring (often referred to as “timing”) in Intermediate Drills classes. In Intermediate Clinch, students learn the Thai art of stand-up grappling and hand fighting for leverage as they learn to throw knees and elbow strikes from the clinch positions.

For Intermediate Drills classes, students must have 16 oz. boxing gloves, shin guards, a mouth guard, and groin protection for men. For Intermediate Clinch classes,

students must have the previously listed gear in addition to elbow pads. Intermediate students can and should attend Fundamentals and introductory Pads classes in addition to Intermediate classes.

Our Intermediate curriculum is 17 months long, with each month focusing on different types of techniques and practical striking concepts. Intermediate rank tests are held approximately every 16 weeks.

**Green Rank & Above**

Our Friday evening Drills class at 5:30pm is available for Muay Thai students who are Green rank or higher. The pace and intensity of this class is intended to be a step up from Orange rank Intermediate classes, to help students prepare for Advanced classes.

**Advanced (Blue Rank & Above)**

Advanced classes require students to either hold a Blue rank, or be specifically invited by a head coach. These classes build on the same combinations and techniques that students have become familiar with at the Fundamental and Intermediate levels; however, they are faster-paced and more conceptual in nature. For instance, instructors will expect students in Advanced classes to have extensive experience with drilling, sparring, holding pads, hitting pads, and be thoroughly familiar with number combinations.

In Advanced classes, coaches may ask students to work with their partners to create their own combinations and counters using a set of techniques being taught in

class that day. Sessions will move quickly, and instructors will spend less time breaking down individual techniques. Advanced classes require the same gear as Intermediate level classes. Advanced students are encouraged to attend every level of Muay Thai class.

## Muay Thai Etiquette

### Addressing Your Coaches

Although it is traditional for Muay Thai instructors to be called “kru” (meaning teacher), at The Cellar Gym, instructors are simply referred to as “Coach” followed by their first name.

### Bowing

One should place palms together in front of their forehead and slightly tilt the head forward as a way of showing respect to coaches and training partners. This is done as a group at the beginning and end of each class, and training partners should bow to each other with each new round. In Thailand, this is called a *wai* and is an important gesture of respect.

### Greetings & Acknowledgments

A traditional Thai greeting of “sawadee-krap” (for men) or “sawadee-kha” (for women) is said by both students and instructors at the beginning and end of each class.

Both the masculine and feminine variations of this word can mean hello or goodbye depending on context.

During class, you may hear an exclamation of ‘oh-way’ or ‘oh-wee!’ This is simply a common way to encourage, congratulate, or acknowledge a fellow teammate in Muay Thai culture. Executing an especially powerful or well-timed technique is sure to elicit this response from your coaches and training partners!

**Tardiness**

When running late to Muay Thai class, wait near the side of the mat for your instructor to invite you to join. Always shake the hand of your instructor upon entry. If you are 10 or more minutes late or have missed warm-ups completely, your coach may not allow you to participate.

**Program Instructors**

- Head Coach: Ben Locken
- Additional Coaches: Sam Bailey, Devlin Borders, Cody Johnson, Nick Jackson, Jess Hays, Matt Cunningham, Grady Pesch, Anteze Howard, Jamir Anderson, Pam Sorenson, Marty Voves, Linda Gosslin

# Brazilian Jiu-Jitsu at The Cellar Gym

## History of the Sport

While the art of jiu-jitsu itself originated in Japan, modern jiu-jitsu was partially developed, and certainly popularized, by the Gracie family in Belém, Brazil during the early 20th century. A fusion of different grappling arts including Judo and catch wrestling, Brazilian jiu-jitsu is aptly called the ‘gentle art’ as it teaches practitioners how to overcome larger opponents using manipulations like joint locks, choke holds, and submissions with no striking techniques.

Today, Brazilian Jiu-Jitsu is one of the world’s most highly respected martial arts for its utility in both competition and real-world self-defense situations. In fact, the Ultimate Fighting Championship (UFC) was co-founded by members of the Gracie family in order to test their version of jiu-jitsu against other martial arts. The art is so effective that virtually all mixed martial artists utilize jiu-jitsu in some way!

## Leo Vieira

Professor Leandro Vieira, known simply as Leo Vieira, is a sixth degree Brazilian Jiu-Jitsu black belt and founder of the prominent Checkmat BJJ organization, of which The Cellar Gym is a member. He has competed in and won some of the most prestigious grappling tournaments in the world including a first place finish at ADCC, two first place finishes at the IBJJF World Championship, and two first place finishes at the IBJJF Pan Am Championship. As an official Checkmat BJJ affiliate, The Cellar Gym is privileged to have hosted Professor Vieira on numerous occasions for seminars,

competitions, and belt promotion ceremonies. We will continue our tradition of hosting Professor Vieira in the future as well.

## International Brazilian Jiu-Jitsu Federation (IBJJF)

The IBJJF is the largest for-profit organization that sanctions and hosts Brazilian Jiu-Jitsu tournaments and competitions. It distributes curricula, sets standards regarding rank and belt promotions, and creates competition rule sets.

## Checkmat BJJ Affiliation

The IBJJF requires all members of the organization to have a jiu-jitsu lineage, or history, that can be traced back to a black belt instructor of Brazilian descent. Because the IBJJF has a prestigious reputation in the world of grappling, most gyms and serious jiu-jitsu competitors want to retain their membership status within the organization.

In order to comply with IBJJF membership standards, many gyms (including The Cellar) have joined jiu-jitsu affiliations. Affiliations are like franchises or teams; they connect gyms, which may or may not be close geographically, through shared curricula and circuits of traveling instructors who visit each affiliate location throughout the year. Gyms who do not have permanent access to black belt instructors of Brazilian descent can still register with the IBJJF so long as they are affiliates of larger teams who do have Brazilian professors. Checkmat, Gracie Barra, and Alliance are just a few examples of highly recognized BJJ affiliations.

Other benefits of belonging to an affiliation include free or reduced membership fees when visiting affiliate gyms in other states or countries, an annual roster of

seminars from visiting professors within the affiliation, credible jiu-jitsu lineage and instruction, and the ability to register and compete for team tournaments.

Checkmat BJJ is an international academy, competition team, and family of BJJ practitioners. Founded in 2008 by Master Leo Vieira, Checkmat now has affiliate academies in 34 American cities and 16 countries worldwide; The Cellar Gym is one of these affiliates. Checkmat is headquartered in Signal Hill-Long Beach, California, which regularly hosts “The Mundials,” the world championships of BJJ.

## BJJ Uniforms

BJJ uniforms consisting of a gi (pronounced ‘ghee’ and referring to the jacket portion of the uniform), pants, and belt must be worn for all Gi jiu-jitsu classes. Rashguards and MMA/board shorts must be worn for No-Gi jiu-jitsu. Gi’s can be purchased from any company and do not need to feature a Checkmat or Cellar Gym logo; however, students may have patches added to their uniforms for a fee if they choose. Competitors must display a Cellar Gym patch on their uniform when competing.

When purchasing a gi online, ensure that it is specifically for jiu-jitsu as gi’s used for other martial arts are thin and cannot withstand the constant pulling and friction sustained during rolling. Ranked rashguards may be worn, but must match the true rank of the wearer.

## BJJ Belt System

Checkmat BJJ, and The Cellar Gym by extension, use the International Brazilian Jiu-Jitsu Federation (IBJJF) belt ranking system. For adults, the belt progression in Brazilian jiu-jitsu is as follows: white, blue, purple, brown, black, red & black, red & white, and red. Because there are fewer belts in jiu-jitsu than in other martial art systems, students should expect to spend longer amounts of time at each belt.

There are requirements regarding the minimum amount of time students must hold each belt before being eligible for promotion. Aside from length of training time, attendance is another factor that goes into determining one's eligibility for belt promotion. We cannot retroactively add members for missed check-ins, so it is important that you diligently record your sessions by checking in upon arrival. To see the most improvement in terms of skill and belt progression, we recommend that students consistently train a minimum of two to three times per week.

In general, all students begin with a white belt (some students with collegiate wrestling experience may be expedited to blue belt, as they are not permitted to enter IBJJF competitions as white belts). After consistent training and technical improvement, students are awarded stripes on their belts to mark their progression toward their next belt. Typically, students must earn four stripes before being eligible for belt promotion.

In order to maintain a high standard, students under the age of 16 may not earn adult belts, but can earn equivalent youth belts.

Brazilian Jiu Jitsu

# Adult Belt System

**White**



No Minimum

**Blue**



Minimum age is 16. Minimum wait period is 3 years.

**Purple**



Minimum age is 16. Minimum wait period is 2.5 years.

**Brown**



Minimum age is 18. Minimum wait period is 2 years.

**Black**



Minimum age is 19. Minimum wait period is 3-7 years between degrees.

**Red & Black**



Minimum age is 50. Minimum wait period is 7 years.

**Red & White**



Minimum age is 57. Minimum wait period is 10 years.

**Red**



Minimum age is 67.

**At The Cellar Gym, we adhere to the graduation system established by the International Brazilian Jiu Jitsu Federation (IBJJF) and modified by our affiliation founder, Leo Vieira. For more information about the IBJJF's graduation system, please visit www.ibjjf.com.**

## Classes & Program Structure

Our Brazilian jiu-jitsu program is divided into different levels so that students can train at a reasonable and enjoyable pace. Additionally, people may join BJJ for different reasons such as fitness, self-defense, or competition; separating classes according to focus helps us to deliver classes that are tailored to the wants and needs of our members. We offer both gi and no-gi classes so that students can practice utilizing their jiu-jitsu in a number of different situations.

### Fundamentals (All Levels)

Fundamental jiu-jitsu classes teach the basic movements, positions, takedowns, holds, and submissions needed to be successful in BJJ. This comprehensive course is perfect for members of all levels. It will provide a solid foundation for beginners, as well as provide helpful refreshers on technique for those who have already been training for a while! Both Gi and No-Gi Fundamentals classes are available at the Cellar. Gi's are required for Gi Fundamentals classes.

### All-Levels

The majority of our gi and no-gi jiu jitsu classes are open to students of all experience levels. While newer students are welcome to participate, please be advised that our All-Levels classes may offer a higher-paced workout and incorporate more live rolling.

### Intermediate (Blue Belt or by invite)

Our Intermediate classes are available to blue belt students and above, or students who have been directly invited by a black belt instructor. This training time allows our more advanced grapplers to train at a higher pace, and utilize techniques that may not be permitted in All-Levels or Fundamentals classes.

### No-Gi

Whereas gi classes teach students the fundamentals of competition jiu-jitsu, which is performed wearing the gi, no-gi classes are ideal for students who are interested in learning BJJ for the purposes of mixed martial arts and self-defense situations. The Cellar offers both Fundamentals and All Levels no-gi classes. A tight-fitting shirt (rashguard or compression shirt) and shorts without pockets, zippers, or buttons are required for these classes.

## BJJ Etiquette

### Submission Safety Protocol

At The Cellar Gym, our students' safety is our top priority. For this reason, we limit and regulate the application of advanced techniques and submissions that carry an increased risk of injury to less experienced students. This primarily indicates a variety of leg entanglement positions including heel hooks and knee reap positions, bicep and calf slicers, toe holds, and knee bars in addition to other high-risk techniques such as jumping guard.

We recognize that these techniques and submissions are an important aspect of grappling and MMA, and have become increasingly popular especially in no-gi grappling events. While events using the IBJJF rule set still prohibit many of these techniques for some experience levels, many other tournaments – such as Grappling Industries – do allow the use of knee reaping, leg lock submissions, and bicep/calf slicers for blue belts and above.

Students who want to start practicing heel hooks, knee reap positions, toe holds, knee bars, and bicep/calf slicers in drilling and live rolling must be approved by a coach. Approved students will only be allowed to train these positions with other students who are also approved, or with brown and black belts.

Use of these techniques should be discussed and agreed upon by both parties prior to beginning the round. These techniques should also be avoided when training with Masters athletes (above the age of 30) unless specifically stated otherwise.

To begin using these techniques, students must attend an Advanced Submission Protocol workshop led by a coach and receive direct approval to train these positions in class. These workshops will be held approximately every six weeks and are free for Cellar students to attend. Students who are unable to attend these workshops may need to arrange for a private or small group lesson with a coach to get approved. Attending a workshop does not guarantee approval.

To mitigate the risk of severe injury, scissor takedowns, twisting spinal locks (twisters), and spiking/slamming are not permitted at any time, unless a student is participating in a high-level competition that does allow these techniques *and* the student has received direct permission from a head coach to practice these techniques.

Please remember that while many students have a desire to compete at a high level, many other students are training recreationally and simply to learn new skills. Application of any submission should be done with control and good technique – the "grip and rip" mentality should never be practiced at The Cellar Gym.

**Addressing Your Coaches**

In Brazilian Jiu-Jitsu, black belt instructors and program heads are called "Professor" unless otherwise specified. Non black belt instructors may be referred to as "Coach" followed by their first name, or whatever they prefer.

**Bowing**

Before entering and exiting the jiu-jitsu mats, one should stand facing the classroom with arms at attention on either side, feet together, and bend forward at the waist. This is a way of showing respect to the space, your coaches, and your training partners.

**Greetings & Acknowledgments**

At the beginning of each class, students line up in descending rank order to exchange fist bumps or handshakes with each other and the coaches.

With each new round and with each new training partner, students should do a horizontal high five immediately followed by a fist bump in what is called a 'slap-bump.' This is a way to reset, check-in, and show respect.

Although not especially common here at The Cellar Gym, you may occasionally hear BJJ practitioners use the word ‘oss’ which can have different meanings depending on context and location. Generally speaking, it is used as a positive acknowledgement in the BJJ community.

**Tardiness**

When running late to BJJ, wait near the side of the mat for your coach or professor to invite you to join. Always shake the hand of your instructor upon entry; also shake the hand of every black belt in class, but do so in a way that does not disrupt the class. If you are 10 or more minutes late or have missed warm-ups completely, you may not be permitted to enter.

**Program Instructors**

- Professors: Pam Sorenson, Ben Locken
- Additional Instructors: Bryan Berkland, Nate Maus, Josue Gonzalez, Tim Leung, Tim Loutchko, Liam Strong, Jess Hays, Solomon Lankow

# Mixed Martial Arts at The Cellar Gym

## Program Background

Rising to popularity in the U.S. during the early 1990s, MMA is a hybrid martial art that combines techniques from a number of grappling and striking systems such as Muay Thai, boxing, karate, tae kwon do, wrestling, jiu-jitsu, judo, and more. MMA focuses on well-roundedness as fighters must adapt and become proficient grapplers as well as strikers.

At The Cellar Gym, students must have an All-Access membership in order to participate in MMA classes. This is because all MMA students are expected to train in Muay Thai and BJJ classes, in addition to MMA classes. Since Muay Thai and BJJ provide the foundations for efficient striking and grappling, students must have proficiency both on the feet and on the ground. Otherwise, students may struggle to execute fundamental movements in MMA where both striking and grappling occur within the same exchange. We have designed our MMA program to facilitate meaningful progress and proper development for our athletes, whether they intend to compete or are simply training for fun.

## Classes & Program Structure

Since MMA training exists primarily for competition and for defense in real-world situations, there are no ranks or tests in these classes. However, students' ranks in Muay Thai and BJJ are taken into consideration. Our MMA program is separated into

Fundamental, Intermediate, and Advanced classes so that students can train at a level that is appropriate to their skills and experience.

**MMA Fundamentals**

In Fundamentals classes, students will learn to execute the basic strikes, takedowns, and defenses used in MMA. They will drill grappling and striking with a partner and gain experience in a controlled environment. These classes are perfect for those who are new to MMA as well as those who have fought at the amateur level. For this class, students must have a rashguard, MMA shorts, 16 oz. boxing gloves, MMA gloves, shin guards, a mouth guard, and groin protection for those who need it.

**Intermediate MMA**

Higher level MMA classes are specifically designed for experienced students and fighters who have demonstrated consistency, excellent technique, and a serious desire to compete at the upper echelons of the sport. In this class, it is assumed that all students have an understanding of proper grappling and striking technique, and much of the time is spent on live grappling and sparring drills. Students must be an Orange rank or higher and a 2-stripe white belt, or be approved by the head MMA coach, before being allowed into the Intermediate MMA classes. The gear required for MMA Fundamentals is also required for Intermediate MMA.

**Advanced Hybrid Classes**

Advanced MMA training is available as part of our Advanced Hybrid classes, formulated for students training with our fight team. These classes are open to students at Blue rank or above in Muay Thai; students should also have at least 2 stripes on their white belt or a significant grappling background (such as wrestling). Students may also get direct approval from the head coach to participate. The gear required for Intermediate MMA is also required to participate in Advanced classes.

**Uniforms**

Rashguards and MMA shorts without zippers, buttons, or pockets are required for all MMA classes. Ranked rashguards can be worn, but must match the actual BJJ rank of the wearer.

**Tardiness**

When running late to MMA class, wait near the side of the mat for your coach to invite you to join. If you are 10 or more minutes late or have missed warm-ups completely, you may not be permitted to enter.

**Program Instructors**

- Head Coach (Intermediate MMA & Advanced Hybrid): Ben Locken
- Additional Coach (MMA Fundamentals): C.J. Hays

# Fitness Kickboxing at The Cellar Gym

## Program Background

Fitness Kickboxing classes incorporate techniques from various striking arts including Muay Thai, kickboxing, karate, boxing, tae kwon do, and more! Practiced entirely on the heavy bags, our Fitness Kickboxing program is designed for students of all levels to work on their speed, power, technique, body conditioning, and cardio at their own pace. There are no ranks or pre-requisites; everyone is welcome!

## Classes & Program Structure

Each coach has their own unique way of running kickboxing classes, but all sessions generally include a five to ten minute warm-up which consists of dynamic stretching and some light cardio. After the warm-up, coaches will ask students to find a heavy bag and follow along as they call out combinations that build in complexity and intensity round by round!

Between rounds, coaches will lead students through a number of cardio and bodyweight exercises to increase strength, flexibility, and endurance. Sessions typically end with a cool-down round which is meant to help students slowly lower their heart rate.

## Fitness Kickboxing Etiquette

### Addressing Your Coaches

Kickboxing instructors are generally referred to as “Coach” followed by their first name, unless otherwise informed. At the beginning of each session, instructors greet and introduce themselves to the class, so you’ll know their preferred name.

### Tardiness

When running late to a Kickboxing class, wait near the side of the mat for your coach to invite you to join. If warmups have only just begun, it is appropriate to quietly join at the end of the line. If you are 10 or more minutes late or have missed warm-ups, you may be asked to wait for the next available class.

**Program Instructors:** Solomon Lankow, Sam Bailey, C.J. Hays, Jamir Anderson, Aaron Rydeen, Grady Pesch, Eliot Woods, Linda Gosslin, Gary Ly

# Personal Training at The Cellar Gym

## Strength & Conditioning

The Cellar Gym is proud to offer comprehensive strength & conditioning training for anyone interested in improving their fitness level. Coach Ben Locken is an industry leader in functional fitness training and strength & conditioning for athletes competing in combat sports, teams, and individual sports. Many of our other coaches are also available for private or small group fitness training; please contact us or visit our front desk for more information.

## Private Lessons

Many of our coaches also offer one-on-one instruction in striking, grappling, and mixed martial arts training. Private lessons are an excellent option for students who are looking to improve a specific skill set, or have issues attending during regular class times. Availability and rates will vary between coaches; please contact us or visit our front desk for more information.

# Youth Martial Arts at The Cellar Gym

## Youth Program Background

Muay Thai, Brazilian Jiu-Jitsu (BJJ), and Mixed Martial Arts (MMA) are included in our youth program. Muay Thai is a striking martial art created and developed in Thailand that incorporates the use of kicks, punches, knees, and elbows. BJJ is a grappling art that was developed in Brazil and focuses on takedowns, joint locks, chokes, holds, and submissions. MMA is a modern system created by combining the most effective techniques from traditional martial arts like boxing, wrestling, Muay Thai, and jiu-jitsu. In MMA, teen students will learn how to mix striking and grappling.

Our weekly schedule alternates each day so that Muay Thai classes are on Mondays, Wednesdays, and Fridays for all age groups in the youth program. BJJ classes take place on Tuesdays, Thursdays, and Saturday mornings. Teen MMA takes place on Saturday mornings, after the last youth jiu-jitsu class has ended.

Some students may choose to only attend one type of class; for instance, some youth members have schedules which only allow them to come on days when Muay Thai is taught. This is perfectly acceptable, but Muay Thai, BJJ, and MMA are offered as part of our youth membership package regardless of whether students attend. For additional information regarding the sports of Muay Thai, BJJ, or MMA, please refer to the earlier sections of the handbook which give details about each individual program.

We track the attendance of youth members both digitally, and on paper through the use of our check-in kiosk and attendance cards given to students when they begin training. Since consistent attendance is one of several factors determining if a student is

eligible for promotion, it is important that youth members are checked-in for all of their classes. Each student will be issued two attendance cards: one for Muay Thai, and one for BJJ. Youth attendance cards should not be taken home with students, but are collected from those present at the beginning of each class, and stamped by our coaches afterward.

# Youth Muay Thai

## Classes & Program Structure

Our youth Muay Thai classes are separated into the following four age groups: age 3-6, age 6-8, age 9-12, and age 13-17 (teens). We separate our youth classes by age so that students can learn, progress, and be challenged appropriately according to their size and ability level.

In Muay Thai, students will learn to execute a variety of strikes through the use of partner drills, sparring, and group activities. Each day will be slightly different, but there are weekly and monthly units, during which students will learn how to execute and apply certain techniques in a variety of ways. An adapted version of the World Thai Boxing Association's adult Muay Thai curriculum is used across the youth program. In addition to learning proper Muay Thai technique, students also undergo a number of character-building units that focus on positive qualities like focus, self-control, discipline, balance, leadership, and more!

To reduce the risk of injury, head strikes are not allowed during sparring or at any other point during youth Muay Thai classes. Students who would like to train or compete under a ruleset that allows head contact *must* gain permission from their coaches and parents.

## Uniforms

Cellar rank shirts and designated Muay Thai shorts must be worn for youth Muay Thai classes. Cargo shorts and any clothing with zippers or buttons are not permitted.

## Equipment

Youth members must have boxing gloves, shin guards, groin protection, and a mouth guard for Muay Thai classes. All of these items are available for purchase in The Cellar Gym pro shop; however, they can be bought from other sources as well. Bear in mind that shin guards must be combat sport specific; shin guards for soccer and other sports are not allowed.

## Youth Muay Thai Ranks

Our youth Muay Thai program uses the same WTBA-recognized ranking system that is used in our adult Muay Thai program. Both belts and colored arm bands may be used to denote rank in the youth program. Please refer to the Muay Thai rank chart on page 14 for more information.

Unlike the adult Muay Thai program, where rank tests happen several months apart, testing occurs far more frequently in youth Muay Thai to keep students engaged and excited about making progress!

## Etiquette

### Addressing Your Coaches

Although it is traditional for Muay Thai instructors to be called “kru” (meaning teacher), at The Cellar Gym, instructors are simply referred to as “Coach” followed by their first name.

### Bowing

One should place palms together in front of the forehead and slightly tilt the head forward as a way of showing respect to coaches and training partners. This is done as a group at the beginning and end of each class, and training partners should bow to each other with each new round. In Thailand, this is called a *wai* and is an important gesture of respect.

### Greetings & Acknowledgments

A traditional Thai greeting of  “sawadee-krap” (for men) or “sawadee-kha” (for women) is said by both students and instructors at the beginning and end of each class.

Both the masculine and feminine variations of this word can mean hello or goodbye depending on context.

During class, you may hear an exclamation of ‘oh-way’ or ‘oh-wee!’ This is simply a common way to encourage, congratulate, or acknowledge a fellow teammate in Muay Thai culture. Executing an especially powerful or well-timed technique is sure to elicit this response from your coaches and training partners!

**Tardiness**

When running late to Muay Thai class, wait near the side of the mat for your instructor to invite you to join. Always shake the hand of your instructor upon entry. If you are 10 or more minutes late or have missed warm-ups completely, your coach may not allow you to participate.

**Program Instructors**

- Head Coach: Katie Locken
- Additional Coaches: Sam Bailey, Liam Doo, Liam Whitney, Johnny Lee, Ava Kehrer, Luna Philipp, Alex Sarango, Jamir Anderson

# Youth Brazilian Jiu-Jitsu (BJJ)

## Classes & Program Structure

Our youth Brazilian jiu-jitsu classes are separated into the following four age groups: age 3-6, age 6-8, age 9-12, and age 13-17 (teens). We separate our youth classes by age so that students can learn, progress, and be challenged appropriately according to their size and ability level.

In BJJ, students will learn how to execute takedowns and submissions while simultaneously learning how to escape from bad positions. Students are often asked to work together in groups or pairs to teach the importance of teamwork, and to practice their skills in realistic ways. In addition to learning the basics of BJJ, youth members will also undergo a number of character-building units and activities aimed at teaching positive qualities including focus, self-control, discipline, balance, and leadership. The Cellar Gym uses Checkmat's curriculum across its youth and adult Brazilian Jiu-Jitsu programs.

## Uniforms

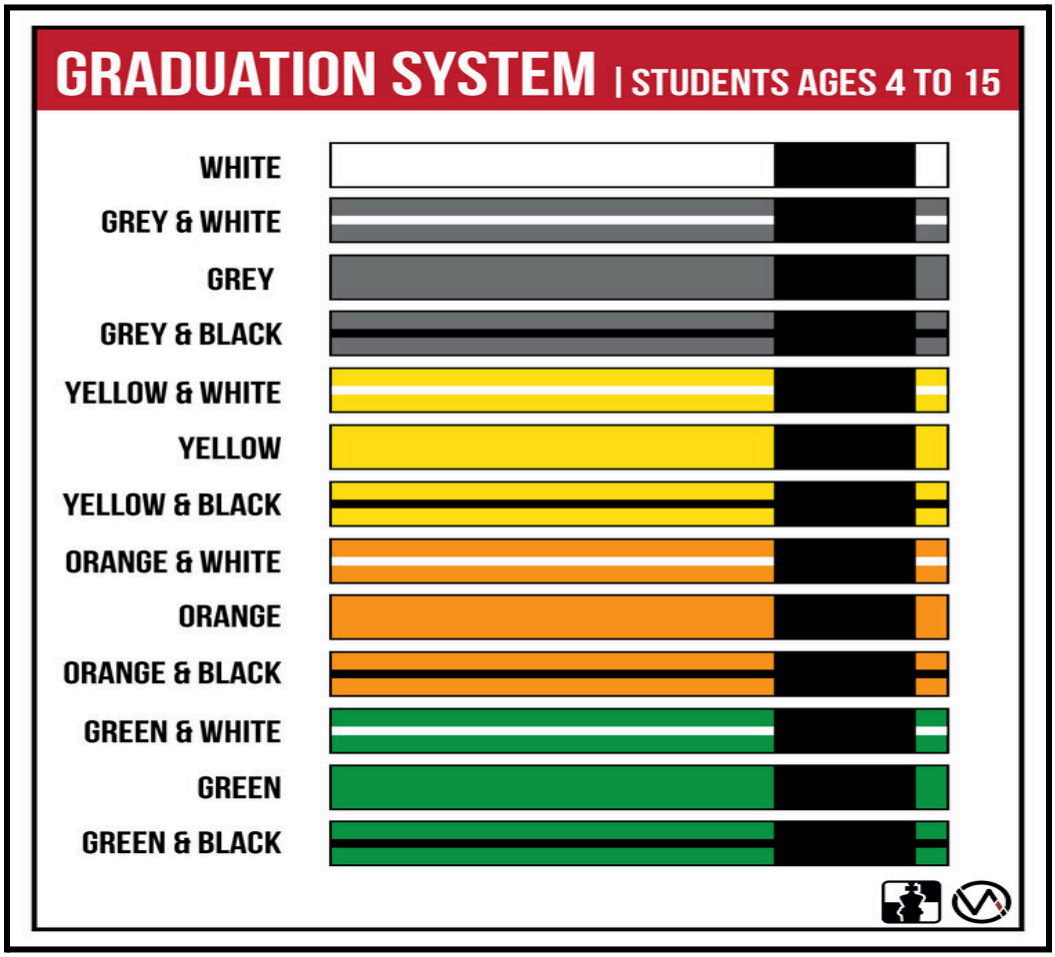
Gi's and belts are required in all youth jiu-jitsu classes. These can be purchased from The Cellar Gym pro shop, or from other sources. Students who purchase gi's from outside the gym can choose to have Cellar patches added to their uniforms for a fee.

## Equipment

Although many students do choose to wear mouthguards during certain portions of jiu-jitsu training, it is not mandatory (although it may be a wise choice to do so). No additional gear, except the uniform, is required.

## Youth BJJ Ranks

At The Cellar Gym, we use the Checkmat-modified IBJJF graduation system in our youth Brazilian Jiu-Jitsu program. To maintain a high standard, youth and adult belts are separated. At the age of sixteen, youth members can transition to adult jiu-jitsu belts. Below is the official youth IBJJF belt system:



## Etiquette

### Addressing Your Coaches

In Brazilian Jiu-Jitsu, black belt instructors and program heads are called “Professor” unless otherwise specified. Non black belt instructors may be referred to as “Coach” followed by their first name, or whatever they prefer.

### Bowing

Before entering and exiting the jiu-jitsu mats, one should stand facing the classroom with arms at attention on either side, feet together, and bend forward at the waist. This is a way of showing respect to the space, your coaches, and your training partners.

### Greetings & Acknowledgments

At the beginning of each class, students line up in descending rank order to exchange fist bumps or handshakes with each other and the coaches.

With each new round and with each new training partner, students should do a horizontal high five immediately followed by a fist bump in what is called a ‘slap-bump.’ This is a way to reset, check-in, and show respect.

### Tardiness

When running late to BJJ, wait near the side of the mat for your coach or professor to invite you to join. Always shake the hand of your instructor upon entry. If

you are 10 or more minutes late or have missed warm-ups completely, your coach may not allow you to participate.

**Program Instructors**

- Head Coach: Pam Sorenson
- Additional Coaches: Tim Loutchko, Katie Locken, Liam Strong, Liam Doo, Kirsten Jacobs

# Teen MMA

## Program Background

Designed for teen members, our Teen MMA program offers a unique opportunity for teens interested in both striking and grappling. Much like in the adult program, students will learn to combine techniques from a number of different fighting systems including Muay Thai, Brazilian jiu-jitsu, wrestling, karate, and more to create a hybrid known as mixed martial arts (MMA).

## Classes & Program Structure

Our Teen MMA program is open to youth members ages 10 and up. The fast-paced nature of the class combined with the coordination necessary to execute

some of the more challenging footwork make the class best suited for older children who have the level of focus required to be successful and enjoy the program.

Our Teen MMA program coach is C.J. Hays. Coach C.J. is an experienced MMA and Muay Thai fighter as well as a former collegiate wrestler with over 15 years of grappling experience.

## Uniforms

There is no specific uniform required for Teen MMA; however, many students choose to wear parts of their Muay Thai or jiu-jitsu uniforms for class. Comfortable athletic clothing is recommended. Clothing must not have pockets, zippers, or buttons as these are safety issues when it comes to grappling.

## Equipment

The same equipment required for youth Muay Thai classes will be used in Teen MMA. Boxing gloves, shin guards, and mouth guards may or may not be used equally during every session, but students should come prepared regardless.

## Ranks

There are no official ranks given or earned in MMA as it is a system designed for use in sport and self-defense. However, the Muay Thai and BJJ rank of each student is taken into consideration as coaches develop lesson plans. This is so that each class can be tailored to the students in attendance.

# Competition Opportunities at The Cellar Gym

## Overview

Members of The Cellar Gym who meet the necessary criteria and gain approval from the head coach of their program may compete under the gym's banner in any number of combat sports including Muay Thai, MMA, BJJ, and various forms of kickboxing. While there is not one singular set of criteria which guarantees a member the ability to compete for The Cellar Gym, there are a number of prerequisites that our coaches are looking for. Those who have trained and/or competed in the past may speak with the head coaches of their program about future opportunities to compete; however, previous experience alone is not a guarantee.

We, at The Cellar Gym, work hard to uphold our reputation of consistently developing and producing well-rounded athletes who demonstrate excellent technique as well as high levels of sportsmanship and professionalism. For this reason, students may not enter competitions using The Cellar Gym's logo or name without express permission from a head coach; doing so is a violation of gym policy and may result in membership termination. Students who are interested in eventually transitioning from amateur to professional competitors should speak directly with the head coach of their program in order to develop a strategy to achieve that goal.

## Muay Thai & Kickboxing

Those wishing to compete for The Cellar Gym in Muay Thai and kickboxing tournaments or participate in sanctioned fight events must be eligible to spar, as well as demonstrate consistent class attendance for several months. Additionally, aspiring first-time competitors will usually be asked to take part in exhibition-type events (sometimes called mock tournaments, scrimmages, or smoker fights) in order to gain experience in safe, lower-pressure environments.

## Brazilian Jiu-Jitsu (BJJ)

To enter BJJ competitions representing The Cellar Gym, students generally need to have at least two stripes on their white belt or have a considerable amount of other grappling experience. (As previously explained in this handbook, students who wrestled at the collegiate level must enter BJJ competitions as blue belts.) While it may be worthwhile for some new competitors to gain experience in mock tournaments or other exhibition events before joining officially sanctioned competitions, this is generally not a requirement.

## Mixed Martial Arts (MMA)

Students looking to compete in MMA must regularly attend Muay Thai and jiu-jitsu classes in addition to their MMA classes. They must hold at least an orange rank in Muay Thai, be eligible to spar, and demonstrate relatively high-level striking technique. They must also demonstrate reasonable proficiency with grappling.

Generally, students who express interest in fighting MMA may be asked to compete in a few Muay Thai and/or BJJ events first to gain experience.

## Sparring Events, Scrimmages, and Mock Tournaments

The Cellar Gym is committed to providing competition opportunities for new fighters and competitors to practice their skills, including sparring events and mock BJJ tournaments as well as bringing teams to events outside of our gym. These events are designed to be an opportunity for new competitors to practice realistic skills with limited amounts of contact in order to gain experience without fear of injury.

### Sparring Events

The Cellar Gym hosts occasional sparring events so that students can gain competition experience in a familiar environment. Sparring events at The Cellar Gym are light contact and are not scored. Athletes from other gyms may be invited, allowing our students to practice their skills with new sparring partners. Opportunities for harder sparring rounds may be available for approved participants.

### National Muay Thai Association (NMTA) and Scrimmages

Due to a number of complicated factors involving the rules set forth by the state commission, The Cellar Gym no longer hosts smoker fights or similar exhibition events. However, we often send new fighters to compete in the National Muay Thai Association (NMTA) scrimmages and other similar events. These events are aimed at teaching newer competitors the ins and outs of competitive striking. Youth and adults can gain

experience by participating in multiple bouts during the weekend of the competition, where both light head contact and no head contact matches are available. There is usually no winner or loser announced during these bouts, but participants may receive written feedback. This is a fantastic way to build experience, and because of the no head contact/light head contact ruleset, fighters can increase their longevity in the sport!

**Mock Tournaments**

The Cellar Gym will occasionally host an in-house mock BJJ tournament to help our new BJJ athletes test their skills in a faster-paced setting. Geared towards kids and white belt athletes, these events are designed to mimic the structure and ruleset of a BJJ tournament so our athletes can get a feel for the pace and pressure of a competitive event.

# The Cellar Gym Community

## Social Events

The Cellar Gym is a place for everyone, whether you are looking for fun, fitness, or competition opportunities! We have always encouraged and participated in social outings and community events that bring together our students, families, and staff members, including group meet-ups, watch parties, and dinners. The Cellar even hosts a yearly picnic and kickball game for family and friends to get together!

## Seminars & Open Mats

The Cellar Gym regularly hosts seminars that are open to all experience levels, as well as non-members. In addition to these valuable training opportunities, we also love to open our doors for a variety of special training events such as our monthly Open Mat held on the first Sunday of every month, as well as holiday training sessions and occasional pop-up workouts.

## Volunteer Opportunities

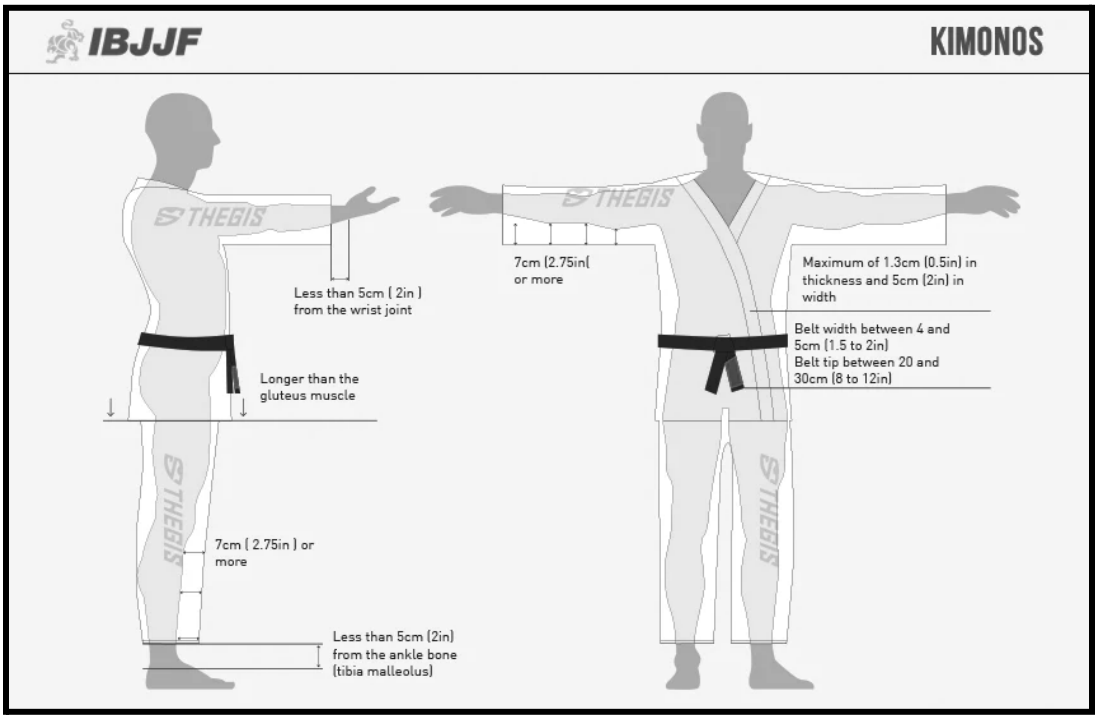
Volunteering is also a great way to get involved at The Cellar Gym. With so many awesome things going on at The Cellar, we always appreciate the help of volunteers to ensure that an event goes smoothly. If you are interested in helping with an event, please don’t hesitate to ask a coach or staff member!

# Other Helpful Information

## Choosing The Right Gi

The Cellar Gym adheres to Checkmat-modified IBJJF rules when it comes to uniform and belt requirements. While uniform requirements are relaxed during classes, with students being able to choose from any variety of gi colors, styles, and brands, this does not apply to IBJJF-sanctioned competitions. For IBJJF events, the below criteria must be met in order to compete, and royal blue, black, and white are the only gi colors allowed. Refer to the IBJJF website, ibjjf.com, for detailed information regarding uniform regulations for competition, and ask your professors for help if you have further questions on the subject.

### Gi Sizing Chart

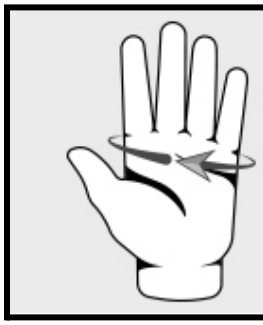


## Choosing The Right Glove

All adult students must have 16 oz. boxing gloves for sparring and clinching classes. Some may choose to use heavier gloves such as 18 oz. or even 20 oz. for the purposes of shoulder conditioning and extra protection; however, 16 oz. is the minimum size required. There are occasionally exceptions made to this rule to allow our significantly smaller students to use 14 oz. gloves, but this must be directly approved by a head coach.

Boxing gloves of any weight may be used for padwork and heavy bag classes. However, many students choose to perform padwork and bag work in smaller gloves, ranging in size from 8 oz. to 14 oz.

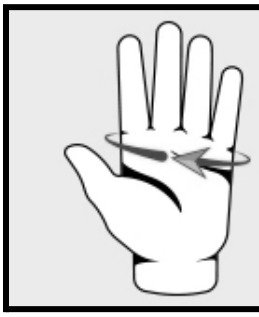
### Adult Glove Sizing Chart



| WEIGHT | SIZE | HAND CIRCUMFERENCE |
|---|---|---|
| Up to 100 lbs | 8-12 oz. | 5" - 6" |
| 101 - 150 lbs | 12-14 oz. | 6" - 7½" |
| 151 - 175 lbs | 14-16 oz. | 7¼" - 8½" |
| over 175 lbs | 16-18 oz. | 8¼" - 9¾" |

*User should measure the circumference around their palm across the knuckles

### Youth Glove Sizing Chart



| WEIGHT | SIZE | | HAND CIRCUM. |
|---|---|---|---|
| Up to 100 lbs | Youth (Y) | 6-8 oz. | 5" - 6" |
| 101 - 150 lbs | Regular (S/M) | 10-12 oz. | 6" - 7½" |
| 151 - 175 lbs | Large (L/XL) | 14 oz. | 7¼" - 8½" |
| over 175 lbs | Large (L/XL) | 16-18 oz. | 8¼" - 9¾" |

*User should measure the circumference around their palm across the knuckles

## Choosing The Right Shin Guards

Adults must have shin guards for all drills and sparring classes. Sock-style and competition-style shin guards are not permitted for adult classes, as they tend to be very thin and do not provide adequate protection for sparring. Sock-style shin guards are allowed for youth members.

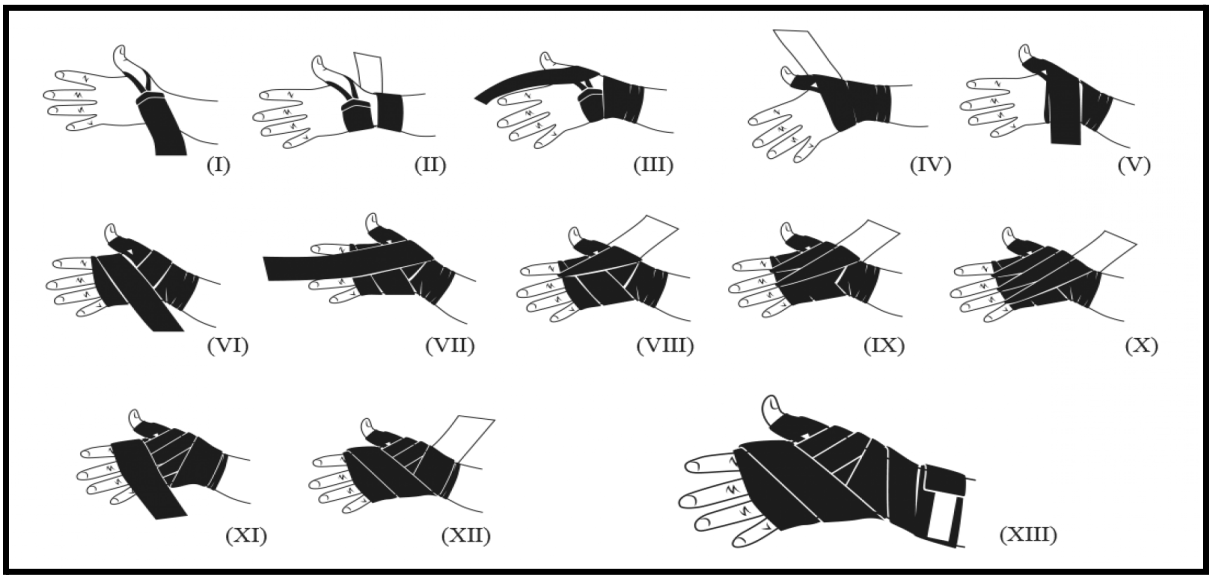
You'll want your shin guards to rest just below the knee; any higher, and you may have limited mobility. You may also want your toes to stick out just a bit further than the foot pad on your shin guards so that you can gain enough traction, but this is a personal preference and may vary from person to person.

### Shin Guard Sizing Chart



## Wrapping Your Hands

Be advised that there are many different ways of wrapping your hands for striking sports. The below method is simple for beginners, and can be used for any number of martial arts. As you experiment, you may find that other methods of hand wrapping are preferable to you.



## Tying Your Belt

There are several ways of tying your jiu-jitsu belt; however, the below method produces a flat knot which looks neat and stays tied while drilling and rolling. If you need help learning how to tie your belt, ask an instructor or a fellow student.

