

FREE REPORT:

CONSUMER'S GUIDE TO CHOOSING A BJJ SCHOOL

Presented By:



Dragon Gym Martial Arts & Fitness
267 S Whitford Rd., Exton, PA 19341
www.dragongym.com
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Dear Jiu Jitsu Shopper:

Choosing a high quality Brazilian Jiu Jitsu Program is not easy.

Why? Lately, it seems like so-called "BJJ", "MMA" or even "Self-Defense" programs are sprouting like weeds. We are all being bombarded by a ton of advertising and misleading information as to which school is best and what style is the most effective.

There is a ton of material to sift through: super low prices, high pressure sales tactics, unqualified instructors and substandard teaching methods. With all that, how do you find a qualified, competent and professionally run school?

That is why we put together this consumer guide. Over the next several pages you'll find valuable information and useful insights on choosing the right martial arts school and the best program for you. You'll read about the misconceptions of martial arts training and rip-offs to watch out for.

We created this guide to help you better understand the martial arts schools that are out there and enable you to make an educated decision on choosing a program.

We are here to help! If you have any questions about Brazilian Jiu Jitsu, Self-Defense, Martial Arts, Martial Arts Schools, please feel free to call us at 610-363-7575. We've dedicated our professional lives to spreading the benefits of high quality, authentic martial arts training. We'll be happy to help you in any way we can.

Sincerely,

Chris Taylor

Co-Owner

Dragon Gym Martial Arts & Fitness

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ABOUT THE AUTHOR

HEAD INSTRUCTOR CHRIS TAYLOR

I am one of the co-owners of Dragon Gym Martial Arts & Fitness, a martial arts school with over four decades of high quality service to its community.

I began my martial arts training over 25 years ago. Since then, I've trained under a lot of different masters and been to a multitude of martial arts schools. I've been lucky to observe a variety of programs and study several different martial arts in depth. I know what is effective, what teaching methods work, and how lacking true professionalism is in the martial arts industry.

I've dedicated my business to educating my students and improving my local community.

To that end, I've studied Taekwondo, Hapkido, Muay Thai, Boxing, Brazilian Jiu Jitsu, Karate, and Kali-Silat from some of the top masters and instructors in the country. I continue to learn Brazilian Jiu Jitsu from the best and am fortunate to be able to visit Brazil and train regularly.

I welcome your inquiries and will gladly answer all of your questions.

Sincerely,

Chris Taylor

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COMMON MISCONCEPTIONS ABOUT MARTIAL ARTS SCHOOLS AND JIU JITSU TRAINING

Misconception #1 - You need to be “in-shape” to start training BJJ.

This is not true as long as the school has a progressive and educational program. A high quality, professionally run program will have a process to bring in any new student, whether they are a beginner or seasoned veteran.

Part of that process is a ramp-up course and beginner class to help get you both physically prepared as well as apprised of the basic techniques that you will need to know in order to get the most out of your classes.

Misconception #2 - Only “MMA FIGHTERS” train BJJ.

Actually, most of my students are just average people looking to get in shape while learning a new and valuable skill. We do train some full contact fighters, but mostly it's professionals that started out as beginners just looking to get in shape and learn self-defense.

The beauty of learning the fundamentals of Jiu-Jitsu in a structured and educational model is that you will reap all of the physical benefits that most people seek AND still have an authentic knowledge of the martial art.

Misconception #3 - All schools/styles/programs are equally effective, or all self-defense is the same.

In the realm of stand-up martial arts it is hard to deny the effectiveness of Muay Thai. But, on the ground, BJJ and grappling ability has been proven, over and over, to be mandatory for both self-defense and competition.

There is a great deal of variety when people talk about “martial arts” and “self-defense.” Some programs are more focused on competition and others on fitness. And, some are mostly focused on the aesthetic, “art” aspects. All of that is great, it just depends on what you're looking for.

Brazilian Jiu Jitsu is an authentic and complete martial arts system. It deals with self-defense, both standing up and on the ground. Plus, there are avenues for competition if you so desire.

Well, you may be thinking: “I don’t need to learn a martial art, I just want a workout and to get in shape”. That’s great! Studies have shown that educational courses (like a progressive BJJ program) are 1.5 times more effective in meeting fitness goals than typical “workout only” programs.

Misconception #4 – The Size of the Facility / Quality of the equipment doesn’t matter, only how good the instructor is

Let’s face it, you are interested in results. Your instructor’s “talent” doesn’t matter as much as his or her ability to teach you effectively and help you reach your goals.

To do that, you need space to train and the right equipment to train with. Honestly, how good is an instructor if he or she is unable or unwilling to invest in the facility for his/her student?

Misconception #5 – Price is a good indicator for choosing a martial arts school

Many consumers that are new to the martial arts choose a school based on price alone. While you have to choose a program that fits in your budget, carefully weigh the value that you are receiving versus what you’re paying.

If it’s low-cost but low-quality, you might still be over paying. Carefully evaluate the facility, instructor, schedule and the depth of the program that is being offered.

WHICH MARTIAL ART IS BEST FOR YOU?

Ultimately, you have to find the school, style, and program that is the best fit for you. At the Dragon Gym we actually offer several different martial arts courses, each taught by experts in that style. Make sure to look for a martial arts style that interests you and you think would be fun to learn. However, you also want to make sure that it will be effective in helping you reach your goals.

What you will (should) learn in a Brazilian Jiu Jitsu Program:

How to deal with strikes – Defending against a punch or a kick seems like a simple thing, but it's not. Close the distance against a punch the wrong way and you'll pay the price.

While Brazilian Jiu Jitsu focuses on grappling and ground fighting, a well-rounded program will also teach you how to defend yourself against strikes.

How to use your legs - This is a critical concept. Whether striking or grappling most of our power is generated from the legs and hips.

Most people don't really know how to use them at all. Once you learn, you can use this to your advantage.

How to break grips - It's going down and someone's put their hands on you. If you don't know how to break the grip, they will be able to control you.

You'll be taught how to break grips with technique, not strength so that you can escape or fight back if needed.

How to use your hips on the ground - We spend most of our time sitting down or walking on two feet. But, not much time on the ground and especially not much time on our backs.

When people hit the ground, they seem like a fish out of water....because, they don't know how to use their hips. We'll teach you how to use your hips and escape to get back to your feet or fight from the ground if needed.

How to clinch - If they grab you and you don't know how to escape, they will control you. But, if you understand the clinch you will be able to both neutralize their strikes and control their movements.

You might not be able to run or want to go toe-to-toe with an assailant. Learn the clinch so that you can control them, protect yourself and possibly others.

How to make space and defend your zone - Personal space is everything when it comes to self-defense. You'll learn how stand off from an assailant, maintain proper angles for both escape and attack, and prevent an attack from happening at all.

Plus:

- Brazilian Jiu Jitsu gi and no-gi techniques.
- Arm, joint, and leg locks.
- Ground fighting, ground defense, and submissions.
- Throws and takedowns.
- Practical self-defense as well as sport-oriented techniques.

There are many more aspects of Jiu Jitsu that students will experience that cannot be expressed in words. You will learn more about yourself than you ever knew possible, build friendships and experience true teamwork.

It is often said that when a student discovers Jiu Jitsu they also discover themselves at the same time. A well run BJJ Program will have a lot more than good technical instruction; there will be a great deal of camaraderie and a strong sense of community.

MISTAKES TO AVOID WHEN CHOOSING

A MARTIAL ARTS SCHOOL

Mistake #1 – Choosing a school based on equipment alone.

You don't need much to train BJJ. Yes, high-quality mats are important, but that's not enough. High quality instruction is equally important

Mistake #2 – Choosing a school based on low price

Low cost without good instruction and good equipment is a recipe for disaster. Most of the time, you get what you pay for. Quality isn't the cheapest option.

Mistake #3 – Choosing a school without a guarantee

A highly quality program will be confident in and accountable for their instruction.

Mistake #4 – Choosing a School that doesn't have a certified *AND* established instructor

With the popularity of martial arts and now UFC/MMA, schools are popping up everywhere without qualified instructors. This is one of the worst ways to get started. Make sure that the instructor is certified, has good lineage, and has experience. Unfortunately, these days it is too easy to "get certified" by attending a 2 hour workshop or even an online course!

Mistake #5 – Choosing a Martial Arts School that doesn't use the most up-to-date cleaning methods

Many schools don't even know how to properly clean their mats and training equipment. Make sure they are using the correct cleaning products and/or the school is being professionally cleaned. Most school are too cheap to do either.

THE IMPORTANCE OF VALUE AND PRICE

Price is what you pay. Value is what you get.

When you select a martial arts school and program you will be presented with a wide variety of options.

If you join the cheapest option, you will get *some* training. However, will you get the training that will be the most effective in helping you reach your goals? Will it be high quality provided by certified and experienced instructors? Will there be enough availability in the schedule so that you can get the most out of the program?

Conversely, if you want to learn from an accredited and experienced instructor with a progressive, educational model that will truly help you reach your goals, you need to make sure you make the right decision on choosing a martial arts school.

You have to be ready to make the commitment and investment in that program.

YOU WANT A CLEAN AND SAFE SCHOOL

Many martial arts studios are not professionally run and maintained. We have our schools professionally cleaned to provide you with a safe and clean training environment.

HOW TO AVOID MARTIAL ARTS RIP-OFFS

RIP-OFF #1 – SUPER LOW PRICES

We are all attracted by a low price since we have to operate within a budget and are constantly seeking a great value. However, some schools use low prices and other membership gimmicks to lure customers in because of their lack of credentials and teaching experience. A good and professional martial arts school will be willing and able to explain all of the associated costs up front. They won't shy away from this because they believe in the value they provide and that you will be confident in your investment.

RIP-OFF #2 – UNSUPPORTED CLAIMS AND GUARANTEED ADVANCEMENT

If a school claims "super-secret techniques", rank advancement is within a set/finite period of time, or the ability to overcome an opponent with minimal training it should raise a red flag. Every student's abilities, dedication, and goals are different and that will reflect upon the outcome their training. You will get awesome results from BJJ, but it takes time, hard work, and dedication

RIP-OFF #3 – OUTDATED BELIEFS

We have a saying: "Traditional is an attitude, not a technique". As Jiu Jitsu is an authentic martial art, we do have a very traditional attitude towards martial arts training. However, it is not dogmatic. A school should not adhere to techniques and methods just because they are "traditional". Rather a martial arts school and its instructors should be constantly researching, learning and evolving in order to be using the best methods and techniques for both martial arts training and athletic development.

RIP-OFF #4 – INADEQUATE FACILITIES

When you are evaluating martial arts schools, take a good account of the facility. Remember, you are not just paying for lessons, you are paying for the facility in which the lessons are located. Is it clean? Do they have a pro-shop and information area? Do they have what you will need to get the most out of your training? Do they have high quality mats, weights, Kettlebells, Thai pads, jump ropes, and Punching Bags? As I mentioned before, you don't need much to train BJJ, but what if you want more? We're equipped so that you can strength train, cross-train (Muay Thai) and condition. We're constantly re-investing in the gym, that should be apparent in any gym you join.

FIVE THINGS YOU CAN DO TODAY TO PREPARE FOR YOUR FIRST BJJ CLASS

HYGENE –

BE PREPARED TO BE IN CLOSE CONTACT WITH OTHER PEOPLE. Keep your finger and toe nails short. Through a tooth brush, gum, or mouth wash in your training bag. Remove all jewelry, and don't be stinky. Try to clean off as much make up before class as possible, and grab some hair ties for long hair.

CONSIDER INVESTING IN A FEW ITEMS –

Traditional BJJ will use a Gi, and that may or may not be provided to you by the school of your choosing. Consider investing in long sleeve rash guards and grappling spats (stretchy form fitting material that keeps your skin covered) Board shorts are ideal but work out shorts will do, the less pockets the better. Gentlemen can wear a cup if desired. Everyone should always have a mouth piece with them.

GET READY TO RECOVER –

BJJ is incredibly rewarding but it is difficult, particularly when first getting started. You will be sore. Hydration, proper nutrition, and good quality sleep will help you get back in action and build muscle. Hydrate before, during, and after class, increase your protein intake while minimizing simple sugars that will cause you to burn out fast. Lastly, get plenty of sleep. Shoot for 8 hours.

START STRETCHING NOW –

You may have been an Olympic gymnast or a ballet dancer, but chances are you, like the rest of us have limited flexibility. BJJ doesn't call for head high kicks or splits, however increased mobility is always beneficial. Focus on ham strings and hip flexibility. Add some shoulder and neck mobility exercises too.

START BUILDING YOUR TRAINING SCHEDULE-

We all have jobs and families and lives. The best way to build skill in BJJ is to be consistent. If you can make time to train routinely you will be more likely to be successful and less likely to miss class to a schedule conflict. Most classes are held in the evenings but many schools offer lunchtime, morning, and Saturday classes as well.

THANK YOU!!!

Thank you for taking the time to review this report. I hope that you found this information helpful in your pursuit of a Martial Arts School and BJJ Program.

If you have any questions or comments, or would like to check out my program, Dragon Gym Brazilian Jiu Jitsu (DGBJJ) please call us at 610-363-7575.

We've dedicated the Dragon Gym to martial arts education and helping people reach their goals. We'd be happy to help you however possible and look forward to hearing from you.

Sincerely,

Chris Taylor

Head Instructor

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www.dragongym.com