

The official Brazilian Jiu-Jitsu club at the University of Texas is dedicated to quality submission and grappling instruction in a safe and fun environment. All University of Texas undergraduate students, graduate students, faculty, and staff are welcome.

Training Schedule

Tuesday*	5:00 - 7:00 PM	No-Gi	First Day of Class:	Tues, Jan 14th
Thursday	5:00 - 7:00 PM	Gi	Last Day of Class:	Mon, Apr, 24th th
Friday*	4:00 - 6:00 PM	No-Gi	*To be split into beginner and advanced	
Sunday*	1:00 - 3:00 PM	No-Gi		

Location

Recreational Sports Center
2001 San Jacinto Blvd
Austin, TX 78712
Room# RSC 1.138

Officers

President:	Annalese Leung
Vice President:	Kyra Kwek
Treasurer:	Rowan Carlson
Events Coordinator:	Jisella Wightman
Social Coordinator:	Noah Graham

Coaches

Scottie Thornton	Brown Belt
Lin Chaicha	Black Belt
David Banta	Black Belt
Abraham La Montagne	Purple Belt

Contact

Email: LonghornBJJ@gmail.com
Instagram: @Heelhookem
Website: utbjj.org

Discord: <https://discord.gg/xvugb8e5PU>

- Announcement and community access on Discord is provided after submission of dues.

Practice Structure

Warm-up. Warming up serves two purposes. First, to decrease the likelihood of injury by increasing heart rate, promoting blood circulation, and raising your body temperature. Second, to develop our muscle memory by repetitiously performing the most fundamental BJJ movements.

Guided Instruction. Here you will learn fundamental principles and techniques - guard passes, guard retention, defensive and offensive positions, transitions, sweeps, submissions, escapes, etc. First, the coach demonstrates a technique as you observe. Then you practice the technique with a cooperative partner under the coach's guidance.

Positional Training. If time permits, the class will organize into lines and take turns attempting to execute that specific technique on an uncooperative teammate.

Live Training. Now we roll. The object is to test your grappling skills against a partner who is doing the same. In a roll, the better grappler will use Jiu-Jitsu techniques to control and submit their opponent. New members are welcome to dive in or observe before gradually easing into the action.

Dues

Your first 4 regular classes are free*. Take advantage of this!

Dues will be \$80 until January 31st, 2024, 11:59 pm.

Dues will be \$95 starting from February 1st until the end of the semester.

That's about \$20-25 per month. *This is objectively an incredible value* – compare this to the typical cost of membership at a private fight club at around \$150-\$350 per month.

If you want to train with us but \$80-\$95 is beyond your means, please talk to us. We want people who want to train, and we will not allow financial hardship to exclude you.

**This does not include special events, tournaments, special guest instructors, seminars, etc. Special events are exclusive to members in good standing.*

Equipment

Gi Gear

Jacket, Pants, and Belt

Gi training is the art of using normal clothing to strangle, restrain, restrict, bend, break, and immobilize an opponent. In Gi training, we manipulate sleeves, cuffs, lapels, collars, pant legs, etc.

No-Gi Gear

Rash guard, Shorts with no pockets, and/or Spats

You are welcome to show up to NoGi in normal athletic clothing. However, we do recommend getting rash guards. No-gi training involves the gripping of hands, wrists, arms, legs, elbows, feet, heads, necks, chins, throats, faces, etc. - but... never grip clothing! No-gi gear should protect the skin from abrasions and prevent accidental snagging of fingers and toes. That is accomplished via the following guidelines: Form-fitting/compression clothing typically of synthetic materials without pockets, zippers, or drawstrings.

Personal Safety Gear

Mouthguards

Mouthguards are recommended and much cheaper than dental work.

Rules & Expectations

General Guidelines

Take care of each other. This is the most important rule. It is the overarching and underscoring theme of UT BJJ's culture. Your training partners' safety must be your highest priority. Use good judgment and ask for advice when you need it. Your teammates are training partners, not opponents. Any deliberate and/or continued transgressions of this rule will result in an immediate and unconditional ban.

Take care of yourself. While we make it a point to take care of each other, you shouldn't rely on this indiscriminately. Bring your own water and stay hydrated. If you have a medical condition, an injury, or a special need, communicate that forthrightly to your partner. If you get a bad feeling about an individual or situation, it is 100% acceptable to decline that roll or sit out that round. If something makes you uncomfortable, come to an officer or coach for support. In general, use your common sense and your own initiative to take the pragmatic steps necessary towards staying safe and healthy.

Have fun. Our hope is that Jiu-Jitsu will become for you what it already is for many of us - something to look forward to, grow into, and enjoy for the rest of your life. So enjoy yourself!

Respect the Tap

Tap Early. Before it hurts! Before you go to sleep! Not after.

Tap Often. If you're not tapping often, you're not being challenged. Why are you here?

Tap Hard. Firmly enough that your partner can discern the tap from the chaos of the roll.

Avoiding Injuries

Tapping. You can stop a roll at any time by tapping. You are obligated to stop IMMEDIATELY when your partner taps. You are obligated to perform every technique in a manner that allows your partner the opportunity to tap before the risk of injury.

Empathy. You don't have to wait for the tap! If you recognize your partner is distracted, in danger, or oblivious, it is wise and respectable to let go even if they don't tap.

Communication. Your partner cannot read your mind. If you have an injury, a condition, a mobility or stability limitation, or just apprehension and concern, communicate it forthrightly. Communicate before, during, and after the roll. Don't expect your partner to know what you have not communicated.

Mindfulness. Be cognizant of any disparities in anatomy/ability and adjust accordingly. If your partner is half your size, be conscientious with applying pressure.

Practice. The fundamental premise of UT BJJ is to create a collaborative learning environment - not a series of contests to dominate. We are friends who practice together. Any preoccupation with "winning" or "losing" is definitively incompatible with the spirit of our club.

Grip. Never digits! Grip hands, but never fingers! Grip a foot, but never toes!

Rules & Expectations Cont.

Hygiene

No shoes on the mat. This is the #1 way pathogens are transferred. We spend a great deal of time and effort cleaning and disinfecting the mat. Help us help you!

No bare feet off the mat. The soles of your feet will transport the same germs as the soles of your shoes. Bring a pair of slides and keep them at the edge of the mat so you can come and go as needed.

No jewelry. This includes earrings. Jewelry punctures your skin, your partner's skin, and the mat itself.

No makeup. Regardless of your gender. No one wants your makeup on their gi.

Shower before and after training. Nobody wants to roll with the stinky kid. Failing to wash immediately after training increases the risk of skin infection.

Wash your gear. It doesn't matter if you sweat or not. Everything that touches that mat accumulates pathogens, and pathogens spread infections. Wash it all, every time, no excuses.

Cut your nails short. We do a lot of grasping, gripping, and pulling. Keeping your nails trimmed short reduces the risk of accidental scrapes on your partner's skin, as well as detached nails for you.

Don't show up if you're sick. Or have a weird new growth on your skin. Be a good friend - don't spread infections. We've been here for 18 years, we'll still be here when you feel better.

Diversity & Inclusiveness

Diversity. The Jiu-Jitsu community is extremely diverse, and UT BJJ thrives on that diversity. We welcome individuals of every gender, nationality, and ethnicity, and from all racial, religious, and socioeconomic backgrounds.

Inclusiveness. Jiu-Jitsu is for everyone. We welcome individuals of all abilities. If you need accommodation to participate, please contact a coach or officer.

Respect. We demonstrate respect to each other, to our facility, and to our equipment by behaving in a manner that preserves dignity and prioritizes integrity. We have a zero-tolerance policy for language & behavior that indicate disrespect. No angry cursing, shouting, slamming the mats, name-calling, or tantrums will be tolerated.

Goodwill. Jiu-Jitsu is a vehicle for building lifelong friendships. All forms of hate, bullying, and bigotry are irreconcilable with the spirit of our club. This includes words - choose yours wisely. Offenses will result in an immediate and unconditional ban. Try us and find out.

Advice for Beginners

Keep Training. Learning BJJ is like doing a jigsaw puzzle: you get a little piece each practice — sometimes it fits somewhere, sometimes it doesn't. But eventually, after accumulating enough pieces, they begin to coalesce into something coherent. Progress is slow. The solution to every problem is ultimately more hours on the mat. The hours you invest on the mat will be more fun and more productive if you make friends while you're here — and bring some of your own!

Advice for strong athletes. Doing it harder is never the answer. If applying force to a technique isn't working the way it worked for the coach, that means *you're doing it wrong*. Don't do it harder! Instead, analyze your technique, identify the flaw, and practice doing it right.

How to Become a Member

How to Pay Dues

- 1) <https://www.utrecsports.org/>
- 2) Click on "RecSports Online Store" (Blue button)
- 3) Login to RecSports
- 4) Scroll and select "Sport Club Deposits"
- 5) Fill out each field:
 - a) Brazilian Jiu Jitsu at the University of Texas
 - b) Sport Club Dues
 - c) *Your Name* *Your EID* Spring 2025 Dues
 - d) \$80/\$95
- 6) Click on the "Add Deposit to Cart" (Orange button)
- 7) Click on "Checkout" (Green Button)
- 8) Click on "Continue and Pay with a Credit Card" (Green Button)
- 9) Enter your card information and pay dues
- 10) Fill out the [Dues Verification Form](#)
*We understand certain financial situations may make fulfilling dues difficult; please talk to an officer if need be.

How to Complete a Membership Packet

- 11) <https://secure.rs.utexas.edu/services/sportclubs/join/>
- 12) Start your membership packet (or duplicate if you have submitted one in previous years)
- 13) Room #: RSC1.138
- 14) If you have a car and are willing to help carpool please include the requested DL and insurance info
- 15) Submit your membership packet
- 16) Submitting your packet and approval of your packet are not the same; Please check back in 2 weeks to make sure no changes are required

Resources for Equipment

These are affordable options that we have found to be reliable, but you're not limited to these.

Gi / Kimono: [Sanabul Essentials V.2](#). Gi color does not matter to our club, but may matter to other clubs and for competitions.

Belt: [Sanabul Essentials Belt](#). Belt color does matter - if you are a white belt, order white!

Rashguard: [Sanabul Essentials Long Sleeve BJJ Rashguard](#). Rash guard sleeve color does matter. If you are a white belt, order the white sleeves.

Spats: [Sanabul Essentials Jiu-Jitsu Spats](#). Color does not matter.

Mouthguard: [Sisu Aero 1.6mm](#). Color does not matter.

Groin Protection: [Shock Doctor Core Jockstrap Support with Soft Cup](#). Soft cups only. Hard cups are not allowed.

FAQ

Q. Am I eligible to join?

A. All UT Austin Undergraduate and Graduate students are eligible to join!

Q. I have no experience. Can I still join?

A. Yes! You'll be in good company. Most of our members begin with us or transition in from another martial art.

Q. I missed the first ___ classes of the semester. Can I still join?

A. Yes! You can join any time - even on the last day of the semester. In any given class session, some of the techniques and concepts we explore are built upon ideas that were explored in previous sessions, but this should not discourage you at all. The best time to start Jiu-Jitsu is right now. Just show up!

Q. I'm not 18 yet. Can I still join?

A. Yes, but first you must clear it with RecSports by completing their paperwork. We cannot do this for you, but we can show you where to go and who to contact.

Q. Do you fight competitively? Do I have to compete?

A. We do, and you can! But you don't have to, and no one will pressure you. Either way, come support your teammates on our road trips and at our Longhorn Open in the spring!

Q. I don't have a gi/rash guard. Can I still practice?

A. Yes. Just show up!

Q. Do you teach self-defense or sport?

A. Both.

Q. Do I have to attend every class?

A. No. Attend as many or as few as you like. Everyone has schedule conflicts. Don't worry, just show up when you can.

Q. What is included with dues?

A. Club t-shirt, tournament dues, seminars (w/ ex-UFC fighters, IBJJF champs, etc!!!), UFC watch parties, and socials.

Q. What is a Gi? What is a No-Gi?

A. A Gi is the traditional robe-like clothing worn by BJJ practitioners. A No-Gi is generally a rash guard and shorts, but athletic wear is sufficient.