

Pacific Wave Jiu-jitsu Grappling/Ground Defense Safety Rules

These rules are laid out so all our students can all safely enjoy the benefits of grappling as a training practice. Please read through these rules carefully and do your best to follow them in your training.

Equipment

Your groin protector is a mandatory piece of equipment for both men and women and should be worn at all times when training. If you intend to practice grappling regularly, whether it is part of your curriculum or as an extra-curricular training activity, a mouth guard should be worn. If striking is being incorporated into your grappling training, you and your partner should use MMA gloves or limit striking to light open hand taps.

Ground Defense Circle

Different levels of this exercise are used to either increase the student's confidence in their technical applications or to increase the intensity and realism of the exercise.

Level #1: No punching or striking is allowed and attacks are low intensity. Students are encouraged to stay calm and practice their defenses against relatively compliant ukes. The uke should loosen up or react appropriately in response to defences. Defenders should strive to get back to their feet within 10 seconds of the start of the attack. Attackers should stick to one attack and not change it.

Level #2: Punch attacks (simulated using an open hand) are allowed. All attacks at low intensity. Attackers should stick to one type of attack and not change it.

Level #3: Attackers may change their strategy in a realistic way based on the type of defense used by the defender. All attacks at light to moderate intensity.

Grappling for Takedown, Submission and Position Practice

Grappling is practiced as a way of improving our understanding of positional strategy and submission application so that we can better understand how to defend against it should someone attack using these skills. Here are some general rules to ensure everyone's safety when practicing grappling.

- **Grapple at the appropriate level.** Students who are new to grappling should focus more on position and rather than on submission, if they are to do any grappling at all. Grappling should be done from the knees only with standing grappling only being introduced at purple belt and above.
- **Stay relaxed and avoid using strength.** This helps you conserve energy, makes you harder to move & submit, helps you to see more opportunities, and helps prevent accidental bumps and strains.

- **Apply submissions with extreme care.** All submissions should be applied cautiously with careful attention paid to your partner's safety. No submission should be applied with speed and power once the application position is achieved. If your partner is struggling in a way that might be dangerous to his or her safety, play it safe. Release the submission and reset.
- **Tap early, tap often.** When someone achieves a strong submission position, don't delay in tapping, attempting to muscle your way out. If they have superior positioning, you risk injury by trying to force or flail your way out. The best way to tap is to tap the person's body, or if that is not possible, you can tap the mat very loudly or you can do so verbally by saying, "Tap!" or "Stop!"
- **Have fun and check macho attitudes at the door.** Your grappling partner is your friend and this is just a fun exercise to help you learn how that body moves. Failing to tap someone out or being tapped out is educational and makes you a better martial artist. Embrace these experiences and actively try to learn from them by asking questions and striving to improve your defensive capabilities.