



Groundwork Grappling Brazilian Jiu-Jitsu



315 S Oneida Ave (lower level) Rhinelander, WI
54501
715-977-2079
www.groundworkgrappling.com

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday		Sunday
5:30 - 6:30	Youth Class	5:30 - 6:30	Youth Class	5:30 - 6:30	Youth Adv. No Gi	5:30 - 6:30	Youth Class	School Closed	10:00am-11:00am	Youth Class	School Closed
				6:30 - 8:30	Kickboxing						
6:30 - 7:30	Adult- Basic Gi	6:30 - 7:30	Adult- Basic Gi	6:30 - 7:30	Adult- Basic No-Gi	6:30 - 7:30	Adult- Basic Gi		11:00am-1:00pm	Adult Class	
7:30 - 8:30	Adult- Int. Gi	7:30 - 8:30	Adult- Int. Gi	7:30 - 8:30	Adult- Int. No-Gi	7:30 - 8:30	Adult- Int. Gi				

Brazilian Jiu-Jitsu is an incredible self-defense system based on the principles of technique and leverage, which allows the practitioner to defeat opponents of much greater size and strength. This means you don't have to be big, fast or strong to be an effective practitioner. Brazilian Jiu-Jitsu has proven to be one of the most effective forms of self defense, and has been doing so since 1925.

Rules and Etiquette:

- Always show respect for your instructors, training partners and fellow human beings
- No shoes are ever allowed on the mat
- Parents are welcome and encouraged to stay and watch during students training sessions
- When walking to, and using, restrooms you MUST wear shoes, sandals or socks. Students must provide their own
- Please address the instructor if you are entering class late. Try not to disturb your teammates training
- All students and instructors will line up in descending rank order at the end of class. Shake hands at the end of the training session
- All students must bow on and off the mat. The reason for this is to respect your training area and to indicate you are ready to learn and train when you step on the mat
- Make sure all of your training equipment is properly cleaned and washed after EVERY training session
- Take home all water bottles and trash that belongs to you when you leave the facility. Do not leave your mess lying around
- Water bottles near the edge of the mat must be put on their side and not point straight up. This is to avoid anyone falling on them
- Personal hygiene is important. Keep nails on both hands and feet trimmed to protect both yourself and your partner
- Shower and brush your teeth regularly. No one is ever comfortable training with a smelly partner
- Do not talk while the instructor is teaching. It distracts those who are trying to learn and is disrespectful to the teacher and other students
- Please do not stop training and start side conversations that are not related to training
- Do not shout loudly or use profanity in the school
- Bring a clean, dry gi to each class. Also, always keep a rash guard or t-shirt for no gi class
- All metal objects, jewelry, piercings, necklaces or other such items shall be removed
- If there is another class in progress, show respect by keeping your voice low
- Only designated instructors can teach or lead class. For safety and proper technique students are not allowed to teach in or outside of the school

Youth classes are open to kids of all ages.

Adult classes are open to both Men and Women

Basic Jiu-Jitsu classes are designed for beginners and cover required material up to, and including, Blue Belt

Intermediate Jiu-Jitsu classes cover a variety of higher level curriculum

No Gi Jiu-Jitsu classes offer the best in competition submission grappling

Open mat Jiu-Jitsu is available to membership students only

Private lessons with Black Belt Instructor available upon request

Kickboxing classes cover bag work, focus striking, sparring, ground control and grappling