



LASCO / *BRAZILIAN JIU JITSU*

Lasco Brazilian Jiu Jitsu 2024 Handbook

At Lasco Brazilian Jiu Jitsu our number one priority is the students. We pride ourselves in maintaining an inspired and friendly environment where everyone can explore the fundamentals of the Jiu Jitsu. Our coaches are continually learning new ways to convey knowledge and are excited to share their experience and passion for Jiu Jitsu. Our goal is to create a positive learning atmosphere where everyone can feel welcomed and safe.

Pricing:

| Class Type | Age Group | Duration | Price | Parental Involvement |
|--------------------|--------------------|----------|---|--|
| Kids | 5-7 years old | 40 mins | 1x week: \$30 per week (no lock-in, 30-day notice) 2x week: \$47 per week (no lock-in) | Parent/guardian must attend and participate if necessary (one parent only) |
| Junior | 7-10 years old | 45 mins | 2x week: \$47 per week | No parental assistance required. Parents can watch after trial class. |
| Teens | 11-13 years old | 45 mins | 2x week: \$47 per week | No parental assistance required. Parents can watch after trial class. |
| Adults: GI / no GI | 14 years and older | 45 mins | Unlimited classes \$65 per week (no lock-in, 30-day notice) \$60 per week (6-month contract) \$55 per week (annual contract) Casual: \$35 per week | N/A |

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|-------------------------|-------------|-----|--|-----|
| Private Class | Adults | N/A | 1x week: \$110 2x week: \$200 | N/A |
| Upfront Packages | Kids/Adults | N/A | 6 months: \$1,290 12 months: \$2,300 | N/A |
| Family Package | Kids/Adults | N/A | First member: Adult Second member: 30% off regular price Third and onward: 50% off regular price | N/A |
| Siblings Package | All ages | N/A | Second member: 30% off regular price Third and onward: 50% off regular price | N/A |

Trial Classes:

1 FREE Class Trial. If you wish to continue after the trial class, you will receive a direct debt form to sign.

Classes Schedule:

Kids 1 – Kids from 5 to 7yo | Monday and Wednesday | 4pm to 4:40pm.

Kids 2 – Kids from 5 to 7yo | Tuesday and Thursday | 4pm to 4:40pm.

Junior – Kids from 8 to 10yo | Monday and Wednesday | 4:45pm to 5:30pm.

Teens – Kids from 11 to 13yo | Tuesday and Thursdays | 4:45pm to 5:30pm.

Fundamentals – White Belt up to two stripes | Unlimited classes.

NO GI – All Levels – Unlimited Classes

Advanced – Coloured Belts.

Competition – Coloured Belts.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---------------------|-------------------------|--------------------|-------------------------|---------------------------|
| 4pm – 4:40pm | KIDS – 1 (5-7yo) | KIDS – 2 (5-7yo) | KIDS -1 (5-7yo) | KIDS – 2 (5-7yo) | |
| 4:45pm – 5:30pm | Junior (8-10yo) | Teens (11-13yo) | Junior (8-10yo) | Teens (11-13yo) | 5pm – 6pm Fundamentals |
| 5:30pm – 6:30pm | Fundamentals | NO GI | Fundamentals | NO GI | 6pm – 7pm NO GI |
| 6:30pm – 7:30pm | NO GI | Fundamentals | NO GI | Fundamentals | |
| 7:30pm – 8pm | Advanced | Advanced Competition | Advanced | Advanced Competition | |

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|--|----------|
| | Saturday |
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|------------|--------------|
| 8am - 9am | NO GI |
| 9am - 10am | Fundamentals |
| 10am-11am | Advanced |

Gi - Uniform:

All students are required to purchase the Lasco Brazilian Jiu Jitsu Uniform. Students who have attended previous Jiu Jitsu gyms will be allowed to wear their own Gi's for the first month.

Gi Pricing:

XXXXXXXXXXXX (add table)

Fees:

All fees are non-refundable.

Cancellation of enrolment must be in writing too Lasco Brazilian Jiu Jitsu, with 30 days of notice.

Public Holidays:

Lasco Brazilian Jiu Jitsu may choose to operate on Public Holidays. Class packages are not altered when closed on Public Holidays.

Cancellation of Classes:

Classes cancelled by Lasco Brazilian Jiu Jitsu will not be refunded.

Belt Exam:

Belt Exam for Kids Up to 13 Years Old:

The Lasco Brazilian Jiu Jitsu methodology aims to innovate the children's graduation system based on their commitment to jiu-jitsu classes. This process involves collaboration with parents and schools, acknowledging that a child's development is interconnected across educational, social, and emotional dimensions. Together, we can guide your child towards enhancing the emotional intelligence that Brazilian Jiu Jitsu fosters.

For each belt, there are 4 official stripes (white) that mark the official progression. Each BJJ Gym and instructor/coach determine the timing and criteria for promotion. In the Lasco BJJ methodology, to earn each official stripe, the child must attend a certain number of classes, which are 1 official stripe after 10 classes for WHITE BELTS and 1 official stripe after 15 classes for COLOURED BELTS.

Additionally, we have implemented a system to complement the official stripes. Every 5 classes for WHITE BELTS and 7 classes for COLOURED BELTS, the child earns a coloured stripe, which reflects proficiency in specific areas:

- **Blue:** Relationships at school, home, and the academy.
- **Yellow:** Behavior and discipline.
- **Green:** School grades and organization of the kimono and belt.
- **Red:** Commitment and assistance to lower-ranked students.

The coloured stripe is placed on the opposite side of the belt and is awarded between each official stripe.

Important: The coach can remove a coloured stripe at any time due to poor behaviour at the gym, home, or school, or due to a decline in academic performance.

When the student completes both the official and coloured stripes, they will have a total of 8 stripes. Following this, we introduce overlay stripes, which add 4 more red stripes on top of each official white stripe, adhering to the CBJF/IBJJF graduation system. Ultimately, each student will have 12 stripes, preparing them for the belt exam.

Class Requirements for Belt Progression:

- **WHITE BELT:** 75 classes – 1 official stripe after 10 classes + 1 coloured stripe after 5 classes + 1 red stripe after 5 classes.
- **COLOURED BELT:** 100 classes – 1 official stripe after 15 classes + 1 coloured stripe after 7 classes + 1 red stripe after 7 classes.

Belt exam prices are standardised and reflect the time and effort of the student.

Belt Exam for 14-Year-Olds and Up:

Similar to the kids' program, the Lasco Brazilian Jiu Jitsu Methodology provides four stripes for each belt, with progression directly linked to class attendance. Each belt requires a specific number of classes; however, for adults, coloured stripes are not used.

After earning the fourth stripe, students will continue training until the coach deems them ready for the belt exam. At this point, they can schedule the exam with the coach.

Belt exam prices are standardised and reflect the time and effort of the examinee.

Class Requirements for Belt Progression:

- **WHITE BELT:** 150 classes – 1 stripe after 30 classes
- **BLUE BELT:** 325 classes – 1 stripe after 65 classes
- **PURPLE BELT:** 375 classes – 1 stripe after 75 classes
- **BROWN BELT:** 425 classes – 1 stripe after 85 classes
- **BLACK BELT:** Follows IBJJF rules

Belt Exam Guidelines:

- **Scheduling:** The student will schedule the exam with the coach upon the coach's request.
- **Exam:** The exam must be carried out at the gym in a restricted, private environment, outside regular class hours.
- **Exam Fee:** When scheduling, the student must pay the corresponding fee for the next belt.
- **Belt:** The student must purchase the belt separately through the Lasco Brazilian Jiu Jitsu website or app. It is not included in the exam fee.

Mat Rules:

Be on time

Maintain a clean and rip free gi (white only)

Greet the teacher and your fellow training partners

Do not talk during class

Do not complain about "fatigue or being tired", this will only worsen

Be open-minded to learn

Practice your weakness

Do not resist due to pride

If you lose, try again

If you win, be respectful

Mat Code of Conduct:

1. Wash your Uniform
2. Trim your fingernails
3. Don't train when sick
4. Fresh Breath
5. No bare feet **off** the mat
6. Tie your hair back
7. Don't wear jewellery
8. Wear deodorant
9. Wrap your injuries

Each year, Lasco Brazilian Jiu Jitsu will hold an end of year gathering for all students 5yrs+, at no additional charges.

Please leave all valuables at home. Lasco Brazilian Jiu Jitsu will not be responsible for any lost items.

If you have any questions or concerns about the terms listed above, please contact Mateus or Amanda at contact@lascobjj.com.au.