

FREEDOM ACADEMY



COMPETITION GUIDE & FAQ's

JIU JITSU COMPETITIONS

All year long throughout the entire world hundreds of Jiu Jitsu competitions take place!

Signing up for a Jiu Jitsu competition might seem scary but it has a lot of great benefits such as:

Testing Your Skills - competing is a great way to test your skills versus other people the same age, size and skill level

Faster Development - competing can greatly help you develop faster !

Challenging Yourself - competing can be a great way to step outside your comfort zone and challenge yourself

Having Fun - while Jiu Jitsu can be challenging in many ways it is a lot of fun and even though competing can feel intimidating - you are doing Jiu Jitsu - and Jiu Jitsu is fun !

WHEN & WHERE ARE THERE COMPETITIONS?

There are over a dozen Jiu Jitsu competitions throughout the year in Michigan alone! Some of the more well known Jiu Jitsu competition sponsors are - ***Grappling Industries, NAGA, IFBJJ and more!***

For kids - there is a Jiu Jitsu Academy that we network with that hosts a couple smaller competitions called the ***Mid Michigan Grappling Challenge*** at their dojo at Patriot Combat Sports in Jackson MI.

WHO DO YOU COMPETE AGAINST?

Jiu Jitsu competitors are split into different classes according to ***age, weight and skill level (Belt Color)***

HOW MANY MATCHES DO YOU GET?

Jiu Jitsu competitions are typically formatted in either a ***single elimination*** format or a ***round robin*** format. As opposed to a single elimination format a ***round robin*** is a group of competitors who each go up against each other ensuring each person has multiple matches.

Most competitions hold both ***Gi and No - Gi brackets***. A competitor who competes in both ***Gi and No - Gi brackets*** will have double the matches. Most round robin competitions ensure at least 3-4 matches per division.

WHAT IS THE COMPETITION DAY SCHEDULE LIKE?

For kids - at most competitions the doors open at 8 a.m. and matches start around 9 a.m. Competitors must weigh in an hour before their matches start. There is usually a break in between the Gi division matches and the No - Gi division matches.

All competitions will have information on their schedule, brackets and frequently asked questions on their registration website.

HOW MUCH DOES IT COST?

While it can vary most competitions cost between ***\$50 - \$100*** - often including signing up for a second division (both Gi and No Gi)

WHAT DO YOU GET FOR WINNING?

Naturally bracket winners are awarded ***1st, 2nd and 3rd place gold, silver and bronze medals!!***

Most competition organizations have an optional profile feature that tracks competition records.

RESOURCES

Freedom Academy offers *competition coaching cards* featuring competition preparation and strategy that can help both students and parents as they prepare for competing in Jiu Jitsu.

The Freedom Academy Youtube channel also has competition playlists and more!

If you are interested in competing feel free to talk to one of our coaches. We want to help you any way that we can!



