



VIRTUS

BRAZILIAN JIU JITSU



TRAINING AT VIRTUS

Your guide to training at Virtus Academy.



VIRTUS

BRAZILIAN JIU JITSU

Virtus Brazilian Jiu Jitsu Cheltenham provides high quality instruction in Brazilian Jiu Jitsu & Submission Grappling for competitors and hobbyists, in a welcoming and professional environment.

UNLIMITED ACCESS - £75pcm

Unlimited access to all sessions at Virtus.
No session booking required - just turn up and train.
Unlimited members also get free access to seminars and kit discounts

WEEKLY SESSION PLAN - £55pcm

Entitles you to one session per week. Ideal if you have limited time and availability to learn Jiu Jitsu.

Note : Session booking required via our app.

DAY PASS - £15 per day

Visitors from any team or affiliation are welcome. Gain access to the academy for a day.
Payment required before training.

Monday

6.00pm - 7.00pm - Concepts Class (Gi)

7.00pm - 8.00pm - Adult BJJ - Gi

8.00pm - 8.30pm - Adult Open Mat

Tuesday

7.00am - 8.00am - Concepts Class (Gi)

6.00pm - 7.00pm - Onboard - Beginners course

7.00pm - 8.00pm - Adult BJJ - Gi

8.00pm - 8.30pm - Adult Open Mat

Wednesday

6.00pm - 7.00pm - Concepts Class (No-Gi)

7.00pm - 8.00pm - Adult BJJ - (No-Gi)

8.00pm - 8.30pm - Adult Open Mat

Thursday

7.00am - 8.00am - Adult BJJ (Gi)

5.30pm - 6.30pm - Ladies only BJJ (Gi)

6.30pm - 7.30pm - Comp Class

7.30pm - 8.30pm - Adult Open Mat

Friday

1.00pm - 2.30pm - Adult Open Mat

Saturday

10.00am - 11.30am - Adult Open Mat

HOW TO FIND US.



Virtus is located in the Cheltenham Film Studios site (which is next door to ULTRA and opposite ASDA). To get to the Academy you need to head into the film studios site then the route shown here.

- Enter film studios site (manor by the lake will be on your right)
- Turn left in front of the main block
- At the end of the building turn right along the side of the main block
- 100mtrs straight ahead is the car parking (park anywhere)
- Our entrance is on the ground floor next to real life fitness gym



VIRTUS JIU JITSU ACADEMY,
CHELTENHAM FILM STUDIOS,
ARLE COURT, HATHERLEY LANE,
CHELTENHAM
GL51 6PN



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VIRTUS TIMETABLE

2025/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CONCEPTS CLASS (Gi) 7.00 - 8.00am		ADULT JIU JITSU (GI) 7.00 - 8.00am		OPEN TRAINING 10.00 - 11.30am	CLOSED
				OPEN TRAINING 1.00 - 2.30pm		
CONCEPTS CLASS (Gi) 6.00 - 7.00pm	ONBOARD <small>(not weekly - check course dates)</small> 7.00 - 8.00am	CONCEPTS CLASS (No-gi) 6.00 - 7.00pm	LADIES ONLY JIU JITSU 5.30 - 6.30pm			
ADULT JIU JITSU (GI) 7.00 - 8.00pm	ADULT JIU JITSU (GI) 7.00 - 8.00pm	ADULT NO GI GRAPPLING 7.00pm - 8.00pm	COMP CLASS 6.30 - 7.30pm			
OPEN TRAINING 8.00 - 8.30pm	OPEN TRAINING 8.00 - 8.30pm	OPEN TRAINING 8.00 - 8.30pm	OPEN TRAINING 7.30 - 8.00pm			



ADULT JIU JITSU PROGRAM

ALL LEVELS CALENDAR

January

Stand up
Guard pull & transitions to guard from standing
Ground work
Guard Player Specific guard focus. Sweeps, submissions & attacks.

February

Stand up
Wrestling attacks. Single, double, collar drags
Ground work
Guard Passer Passing technique focus, advancing position and dominance

March

Stand up
Foot Sweeps. AshiWza
Ground work
Submission & Position Training specific positional dominance and the resulting submissions.

April

Stand up
Hand Techniques Te-Waza, Hip Throws. Koshi Nage
Ground work
Defense Defense skills for escaping submissions and positional controls.

May

Stand up
Match Starts. Competitive match start strategies.
Ground work
Sequence Training developing and applying a competitive attacking sequence.

June

Stand up
Live training month Drills & Live Training
Ground work
Live training month Drills & Live Training

July

Stand up
Guard pull & transitions to guard from standing
Ground work
Guard Player Specific guard focus. Sweeps, submissions & attacks.

August

Stand up
Wrestling attacks. Single, double, collar drags
Ground work
Guard Passer Passing technique focus, advancing position and dominance

September

Stand up
Foot Sweeps. AshiWza
Ground work
Submission & Position Training specific positional dominance and the resulting submissions.

October

Stand up
Hand Techniques Te-Waza, Hip Throws. Koshi Nage
Ground work
Defense Defense skills for escaping submissions and positional controls.

November

Stand up
Match Starts. Competitive match start strategies.
Ground work
Sequence Training developing and applying a competitive attacking sequence.

December

Stand up
Live training month Drills & Live Training
Ground work
Live training month Drills & Live Training

CONCEPTS JIU JITSU PROGRAM

12 WEEK FOUNDATIONS TRAINING CYCLE

WEEK 1

Developing skill in technical training.

Maximizing your learning through effective training and focus.

Developing a feel for correct resistance & effort in technical, positional and live training through adaptable drills and games.

WEEK 2

Throws, take downs & transitions to the floor.

Examining the 3 pillars of throwing or taking down an opponent. Also how to transition to the floor safely.

- 1) Off-balance
- 2) Remove Support
- 3) Distort Structure

WEEK 3

DOMINANT POSITIONS Securing the positions

Maintaining mount, back, side mount variations & Knee on belly.

Points of focus and concepts that span the positions.

WEEK 4

DOMINANT POSITIONS Escaping the positions

How to make space and escape from the dominant jiu jitsu control positions.

Concepts for escaping back to guard or reversing positions.

WEEK 5

GUARD EQUATION :- Position & Range

Understanding the ranges of guard play from the player and passer perspective :
Close, mid, long.

Understanding the position of each player in relation to the structure of the guard:
Inside to outside the guard.

WEEK 6

GUARD EQUATION :- Posture, structure & control

How posture and structure affects the ability to pass and the ability to retain guard.

Key points include, creating or removing angles, closing or opening gaps, frames and grips.

WEEK 7

GUARD EQUATION :- Open and closed guards

Understanding open guards and closed guards. How these broad sets of guards can then be categorized into the many guards of grappling and BJJ.

WEEK 8

GUARD EQUATION :- Sweeping & basing

Understanding the underlying 'Vitruvian' model of base to defend or create sweeps.

Understanding the role of mass placement and motion in defending or creating sweeps.

WEEK 9

GUARD EQUATION :- Passing & Retension

How to create the opportunities to pass the guard and how to secure the pass.

How to close the gaps and retain the guard in the face of various passing tactics.

WEEK 10

SUBMISSIONS :- Mechanics of joint locks.

Examining the underlying concepts to effectively lock and break joints to effect submission of the opponent.

Removing slack,
Linear Locks, Rotational Locks, Crushes.

WEEK 11

SUBMISSIONS :- Mechanics of chokes

Understanding the underlying concepts for Choking & Strangulation techniques.

How each of these methods work and how to apply them across any number of technical variations.

WEEK 12

LIVE TRAINING :- Rolling and Sparring

Developing an understanding of rolling and live training so as to maximize your ability to advance your skill.

How to approach rolling, how to approach positional sparring.

Joining Virtus you become part of the team and are therefore expected to act in the best interests of yourselves and your team mates to enhance the learning experience while maintaining safety. We expect the following of all of our members to maintain the high standards of our team.

- **A high level of personal hygiene.**
- **Training in the spirit of learning & progression**
- **Care and attention to the safety of training partners**
- **Determination & tenacity**
- **Consistency**
- **Respectful behavior with team mates**
- **Mutual support and encouragement**
- **Respect and honorable behavior at events and competitions.**



Brazilian Jiu Jitsu is a close contact sport. As such we need to ensure that the levels of Hygiene in the Academy and personally are exemplary.

At Virtus the mat space is cleaned with anti bacterial cleaning products after every session to ensure that the facilities are kept clean for all classes. As a member or visitor you will be expected to adhere to following.

- **To be generally clean before starting training, especially the hands and feet.**
- **To always wear footwear off the mats.**
- **For your uniform to be clean and dry before all training.**
- **For your finger nails and toe nails to be cut short.**
- **Jewelry must be removed for training.**
- **For long hair to be appropriately tied back.**
- **Do not train with infections or illnesses.**

NOTE: If these points are not adhered to, you may be told you cannot train in a specific session - please do not be offended if this happens. Hygiene standards are for everyone.



ETHICS & ETHOS

10 Rules for rolling & positional sparring

1) Avoid 'Rage Rolling' - Rage Rolling is when you are rolling aggressively without thought or skill. When you are rage rolling the chances of you applying good technique are low. No one likes to have a 'Rage roll' with someone, you will get a reputation and fewer people will be willing to train with you.

2) Tap & respecting the tap - You WILL be caught in submissions - accept it and tap! Leave the Ego at the door regarding this. Higher belts have better technique - you should expect to be submitted by them, even if they are smaller than you.

3) Protect your partner - YOU are responsible for your partners safety. Rolling is NOT win at all costs. - if you injure your partner it's YOUR fault and the coaches may ban you from rolling until you can better control yourself.

4) Physicality last - Good technique is indistinguishable from strength. A good technique will 'Feel' very 'strong' and you may feel like you can't get out of it no matter how much strength you use. But it should never be mistaken for what I call 'Goon Strength'. That is where you muscle techniques. Remember, if you rely on your strength, when you roll with someone just as strong who has focused on technique - They WILL beat you.

5) Respect smaller partners - If you are more powerful and much bigger than your training partner you must try to reduce your power when you roll with them. If you are 110kg rolling with a 60kg person **use your brain a bit** - even if they are a higher grade you should be respectful and careful with your strength and weight. If you lose out to superior technique - Tap and ask them how they did it - rather than Rage Roll your way out. (see point 1)

6) Work on your techniques - If you are just mindlessly wrestling you are not progressing. Use rolling to work on your techniques.

7) Don't slam on submissions. - You should never be trying to hurt your partner - submit them with good technique that makes defence impossible and control how quickly you apply the submission. (See point 3)

8) Know the rules! - It is up to you to understand the rules of Jiu Jitsu. Most of the time we Roll to IBJJF rules. **Make sure you know the rules for your level of JiuJitsu.**

9) Be respectful before and after the roll - These are your team mates not your enemies so treat everyone with smiles and respect, even if you just got tapped a lot. Also, be very clear that higher grades are almost always dropping their level to help the roll go well for you, so respect that they are helping you out and make sure to ask questions after the roll.

10) NO Coaching and limited talking - Rolling is where you both try to implement your game - it's not a time to joke with your partners or to try to coach them. If you are a higher grade Coach AFTER the roll - not during. If you are losing - don't start coaching to stroke your ego. Talk after, not during.

NOTE: *Sticking to these rule is **NOT negotiable**. Virtus works on a 3 strikes your out system. Do everything you can to be a good training partner. Train Hard, Train to become the best you can be, but maintain these rules at all times.*



ETHICS & ETHOS

Legal & Banned Techniques at Virtus

Virtus training adheres widely to the IBJJF rule book for belt levels and when rolling with people at Virtus, as a member or guest, you will be expected to adhere to allowed technique list for the person you are rolling with. This is for the safety of members and yourself.

BANNED TECHNIQUES - These techniques must NEVER be performed at Virtus because of their proven, high risk to training partners.

NO JUMPING GUARD ATTACKS - No jumping guard, flying triangle, scissor take down or flying armbar.

DO NOT PULL BACK FROM TURTLE - You must not pull your partner backwards direction over their ankles from the turtle position.

NO SLAMS - Do not lift your partner from the floor and slam them back onto it.

NOTE - Please read and absorb the allowed and disallowed submissions for each belt level. YOU are responsible for knowing what you can and cannot do in a roll with to keep your partner safe. If you are unsure about any of these techniques please ask one of the training team

16 & 17 years old (all ranks) and white belts (Adult to Master 7)	Adult to Master 7 (blue & purple belts)	Adult to Master 7 (brown & black belts) except Adult No Gi	Adult (brown & black belts) No Gi	
				Submission techniques stretching legs apart
				Choke with spinal lock
				Straight foot lock
				Forearm choke using the sleeve (Ezequiel choke)
				Frontal guillotine choke
				Omoplata
				Triangle (pulling head)
				Arm triangle
●				Lock inside the closed guard with legs compressing kidneys
●				Wrist lock
●				Single leg takedown while the attacking athlete has his head outside his opponents body. (**)
●	●			Bicep slicer
●	●			Calf slicer
●	●			Knee bar
●	●			Toe hold
●	●	●		Heel hook
●	●	●		Locks twisting the knees.
●	●	●		Knee Reaping (See definition in page 32)
●	●	●		In straight foot lock, turning in the direction of foot not under attack.
●	●	●		In toe hold, applying outward pressure on the foot
●	●	●	●	Slam
●	●	●	●	Spinal lock without choke
●	●	●	●	Scissor Takedown
●	●	●	●	Bending fingers backwards
●	●	●	●	Grab the opponents belt and throws him to the floor on his back when defending a single leg situation while his opponents head is on the outside of his body.
●	●	●	●	Suplex takedown technique, landing with the opponent's head or neck on the ground.

UNIFORM POLICY AT VIRTUS

GENERAL UNIFORM GUIDELINES FOR TRAINING AT VIRTUS

Please wear a Black or White BJJ Gi for Gi training. All manufactures and styles are allowed. We prefer simpler designs so that the focus can be on the Jiu Jitsu



Any No - Gi Training wear is permitted but again, black, grey or white training wear is preferred with simpler designs.



NOTE : These are preferred guidelines for training at Virtus. if you only have blue Gis at the moment, you can still train! But we would prefer that you source a black or white gi at your earliest convenience.



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