



# VIRTUS

BRAZILIAN JIU JITSU



# TRAINING AT VIRTUS

Your guide to training at Virtus Academy.



### **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.

## **Membership Options**

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### **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

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### **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.*

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### **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.

# 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



# VIRTUS TIMETABLE

FROM SEPT 2025/26

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CONCEPTS  
(Gi)

7.00 - 8.00am

STUDY HALL  
(ALL LEVELS)

7.00 - 8.00am

MORNING  
MASTERCLASS

(Twice per month)

9.30- 10.30am

OPEN  
TRAINING

12noon - 1.00pm

OPEN  
TRAINING

1.00 - 2.30pm

OPEN  
TRAINING

10.30 - 11.30am

CONCEPTS  
(Gi)

6.00 - 7.00pm

BEGINNERS  
COURSE

6.00 - 7.00pm

NO GI  
MASTERCLASS

6.00 - 7.15pm

CONCEPTS  
Technical (Gi)

6.00 - 7.00pm

COMP  
CLASS

7.00 - 8.15pm

ADVANCED  
JIU JITSU (GI)

7.00 - 8.00pm

ADVANCED  
JIU JITSU (GI)

7.00 - 8.00pm

OPEN  
TRAINING

8.00 - 8.30pm

OPEN  
TRAINING

8.00 - 8.30pm

CLOSED



# ADULT JIU JITSU PROGRAM

## ALL LEVELS CALENDAR

### January

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

### February

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

### March

Stand up
Foot Sweeps. AshiWza
Ground work
<b>Submission &amp; Position</b> Training specific positional dominance and the resulting submissions.

### April

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

### May

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

### June

Stand up
<b>Live training month</b> Drills & Live Training
Ground work
<b>Live training month</b> Drills & Live Training

### July

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

### August

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

### September

Stand up
Foot Sweeps. AshiWza
Ground work
<b>Submission &amp; Position</b> Training specific positional dominance and the resulting submissions.

### October

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

### November

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

### December

Stand up
<b>Live training month</b> Drills & Live Training
Ground work
<b>Live training month</b> Drills & Live Training

# CONCEPTS JIU JITSU PROGRAM

## 12 WEEK FOUNDATIONS TRAINING CYCLE



The Virtus Concepts class is an 'all levels' session which is focussed on teaching the foundations of Jiu Jitsu through an innovative conceptual approach.

All grades are welcome to attend this session in order to brush up on their foundational knowledge. It is recommended that people new to the art should focus on attending this class for at least 1 full 12 week cycle before attending the other class types at Virtus.

<b>WEEK 1</b> <b>Taking the fight to the Ground</b>	<b>WEEK 2</b> <b>Knee on Belly &amp; Side Control</b>	<b>WEEK 3</b> <b>Mount &amp; Back</b>	<b>WEEK 4</b> <b>Guard Concepts: Retention.</b>	<b>WEEK 5</b> <b>Guard Concepts: Sweeping.</b>	<b>WEEK 6</b> <b>Guard Concepts: Submissions.</b>
Examining the underlying principles and concepts for Take Downs, Throws & Guard Pulls. We also cover how to transition to and from the floor safely.	This week we start to examine the dominant positions of Jiu Jitsu with a focus on Knee on Belly and Side Control. Including principles of advancing position and securing your pass.	Now we work on securing and defending the most dominant finishing positions in Jiu Jitsu - The Mount position and the Back.	Defining the Guard of Jiu Jitsu and understanding how to retain your guard using frames, grips and movements.	Principles and concepts that underpin sweeping the opponent from a variety of guard situations. Using the 4 corners model to develop a feel for sweeping skills.	Working to develop and apply common submissions from a variety of guard situations. A focus on the foundations of Armbar, Triangle, Rotational locks & Chokes.
<b>WEEK 7</b> <b>Top Player Concepts: Range &amp; position</b>	<b>WEEK 8</b> <b>Top Player Concepts: Grips &amp; Grip Denial</b>	<b>WEEK 9</b> <b>Top Player Concepts: Securing the Pass</b>	<b>WEEK 10</b> <b>Submission Spotlight</b>	<b>WEEK 11</b> <b>Positional Sparring &amp; Live Training</b>	<b>WEEK 12</b> <b>The Skill of Rolling</b>
This week we switch to the top player focus. Starting with the fundamental ideas that underpin the movements needed to begin to pass the guard.	Defeating the Guard Players gripping patterns while obtaining our own, so that we are able to effectively disentangle ourselves and use effective movements to complete our pass.	Now we work on the core checkpoints that we need to ensure maintenance of our pass. Securing and controlling the Guard Player so that they are unable to re-guard.	This week we take a deep dive on one of the common submissions of Jiu Jitsu. With a focus on the principles that underpin the multitude of the submissions variations.	This week we work on how to correctly approach positional sparring and live training. With careful supervision from the coaching team to maximise results.	Rolling week! this week you will go through multiple rounds of Rolling with your peers, under the watchful eye of the coaching team.

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. DO NOT muscle your way out of submissions!

**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. If you find yourself saying 'Sorry' A lot because 'accidents' keep happening when people roll with you – There is something wrong with your rolling. Ask a Coach for guidance.

**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 we call 'Goon Strength'. That is where you muscle techniques and movements. Remember, if you rely on your strength, when you roll with someone just as strong who has focussed on technique – YOU WILL LOSE!

**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 and investigate the problems with your Jiu Jitsu. When you find them, ask the coach for help. Constantly search for refinement.

**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 and the academy you are training in.

**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.

**DO NOT FEEL EMBARRASSED OR INSULTED IF A COACH OR SENIOR MEMBER ASKS YOU TO ADJUST YOUR ROLLING OR SPARRING.**

**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, be the best training partner you can be and 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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