

WELCOME TO THE MATS.

Your guide to Brazilian Jiu-Jitsu — and to training at Ako.

THE AKO VOW

**To teach.
To learn.
Progress over comfort.**



AKOMARTIALARTS.COM.AU

WHITE

BLUE

PURPLE

BROWN

BLACK

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CHAPTER 01 • WELCOME

You walked through the door.

If you're reading this, you've already done the hardest part. Everything from here is about showing up, staying consistent, and trusting the process.



Brazilian Jiu-Jitsu is a grappling-based martial art built on leverage, technique, and problem-solving. It doesn't matter how big, strong, or athletic you are when you start. What matters is that you keep coming back.

At Ako, we train together. Everyone on the mat — white belt to black belt — is both a student and a teacher. That's what Ako means: to teach and to learn. You'll be challenged, you'll be humbled, and you'll grow in ways you didn't expect.

Progress over comfort.

CHAPTER 02 • THE ART

What is Brazilian Jiu-Jitsu?

A ground-based martial art focused on controlling your opponent and forcing a submission — a joint lock or choke that ends the fight without strikes.

The core idea is simple: a smaller, skilled person can neutralise and defeat a larger, stronger opponent by taking the fight to the ground and using leverage, timing, and technique.

BJJ is often called “**human chess**.” Every position presents problems to solve and opportunities to exploit.

Position before submission. Earn the finish by climbing the positional ladder.



THE OBJECTIVE

01 Take the fight to the ground

Close distance, control grips, initiate a takedown or pull guard.

02 Achieve a dominant position

Pass the guard. Establish side control, mount, or back control.

03 Submit your opponent

Apply a joint lock or choke that forces the tap. Instant win.



CHAPTER 03 • DAY ONE

Your first class.

Your first session will be awkward — that's completely normal. Everyone on the mat started exactly where you are.

What to bring

- **Gi class** — clean gi, belt, water bottle, towel, thongs for off the mat.
- **No-gi class** — rashguard, board shorts or spats, water bottle, towel.
- **Trialling?** — we have trial gis available. For no-gi, a t-shirt and shorts without zips will do.
- **Always** — short, clean fingernails and toenails. No jewellery on the mat.

Mat etiquette

- Greet everyone when you arrive. Introduce yourself — your coach will too.
- No shoes on the mat. No bare feet off the mat.
- Tapping is a training tool — the more you do it, the faster you learn.
- Respect your training partners — control your intensity.
- Ask questions. Coaches and training partners are here to help.
- Hygiene is non-negotiable — clean gi, clean body, trimmed nails.

CLASS STRUCTURE

■ WARM-UP & COOL-DOWN ■ TECHNIQUE & DRILLING ■ POSITIONAL SPARRING ■ OPEN SPARRING

Fundamentals

60 MIN • OPEN TO BEGINNERS

Warm-up Movement drills, light cardio. 10 MIN	Technique Coach demonstrates, you drill. 25 MIN	Positional sparring Controlled intensity. 15 MIN	Cool-down Stretch, questions, debrief. 10 MIN
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All Levels

60 MIN • ALL BELTS

Standing drills Footwork, posture, grips. 10 MIN	Standup / takedown Entries, finishes, defence. 10 MIN	Groundwork Position-specific technique. 15 MIN	Positional sparring Set start, live finish. 10 MIN	Open sparring Live rolls, partner rotation. 15 MIN
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A NOTE ON THE TAP

Tapping is not losing — it's how we train. Tap early, tap often. A tap is information: it tells your partner you'd like them to release the submission. The faster you tap, the more rounds you get, the more you learn. Ego makes you hold on. Ego is what gets people hurt.

Submissions & scoring.

A joint lock or choke that forces your opponent to tap — conceding defeat. This is what separates BJJ from most martial arts: fights end decisively without strikes.

Example joint locks

Armbar • Kimura • Americana
Heel hook • Kneebar

Example chokes

Rear naked choke • Triangle
Guillotine • Collar choke • Ezekiel

POSITION	POINTS	WHAT IT MEANS
Takedown	2 PTS	Standing to ground.
Sweep	2 PTS	Bottom to top.
Guard pass	3 PTS	Clear legs, establish control.
Knee on belly	2 PTS	Knee driving into torso.
Mount	4 PTS	Sitting on torso, knees on mat.
Back control	4 PTS	Behind opponent, hooks in.
Submission	WIN	Overrides all points.

A NOTE ON OUR YOUNGEST STUDENTS

Our **Jellyfish** (ages 4–7) don't train submissions or striking. At that age, knowing *when* and *where* a technique is appropriate is harder than the technique itself — so we focus on positions, control, and safe play. We introduce submissions and striking from **age 7+** in the Piranhas program, where kids can train them with the judgement and discipline they require.

CHAPTER 06 • KIDS

Kids programs.

Structured martial arts training for ages 2-15 — built around discipline, coordination, confidence and respect. Not just technique.



01 **Guppies** AGES 2-4

Play-based movement and coordination with a parent on the mat. Their first taste of structure.

02 **Jellyfish** AGES 4-7

Introductory grappling, games, and discipline. Builds coordination, listening, and social skills.

03 **Piranhas** AGES 7-15

Our core kids BJJ and No-gi program. Structured drilling, positional work, and live sparring.

04 **Piranhas Fitness** AGES 7-15

Strength, endurance, and agility training. No grappling — just hard work in a team environment.

05 **Piranhas Positional Sparring** AGES 7-15

Scenario-based sparring from set positions. Builds sharper instincts under pressure.

06 **Combined Fitness** AGES 4-15

High-energy movement for all kids — relays, obstacles, team games. No experience required.

07 **Combined Judo** AGES 4-15

Throws, breakfalls, and groundwork. Builds balance, toughness, and complements grappling.

SCAN THE QR CODE ON THE BACK COVER FOR THE FULL KIDS TIMETABLE →





CHAPTER 07 • ADULTS

Adult programs.

From your first class to competition prep – and everything around it.

01 BJJ / No-gi Fundamentals

Start here. Core positions, escapes, sweeps, and submissions.

03 BJJ / No-gi Advanced

Blue belts and above. Higher-level concepts, competition drilling.

05 Judo

Throws, trips, sweeps, and pins. Explosive power and control on the feet.

07 Strength & Conditioning

Barbell and bodyweight strength, power, conditioning, and mobility.

09 Yoga

Flexibility, breath control, and recovery.

02 BJJ / No-gi All Levels

Open to everyone. Broader technique, live sparring.

04 Women's BJJ / No-gi

Dedicated women's sessions. Same quality curriculum, supportive environment.

06 MMA

Striking, clinch, takedowns, and ground fighting integrated.

08 Pilates

Mat-based core strength, flexibility, and stability.

10 Hand Balancing & Movement

Handstands, balance progressions, and movement flow.

SCAN THE QR CODE ON THE BACK COVER FOR THE FULL TIMETABLE →



CHAPTER 08 • THE TEAM

Meet your

Two owners, six lead and fitness coaches, seven kids coaches, and six junior leaders. The people you'll be on the mat with, every session.

Owners & Head Coaches

TIER 01 • 02 PEOPLE



OWNER • HEAD BJJ COACH

Robbie Paraha

BLACK BELT

Short bio – background, specialty, what he brings to the mat, who he coaches, what students should expect from his sessions.



OWNER • HEAD OF KIDS PROGRAM

Linzi Paraha

BLACK BELT

Short bio – background, specialty, what she brings to the mat, who she coaches, what students should expect from her sessions.

Adult Program Coaches

TIER 02 • 06 PEOPLE



Jason Wayne
BJJ



Ricky Medhurst
STRENGTH & COND.



Dan Carter
STRENGTH & COND.



Ravi Muddaiah
YOGA • HAND BAL.



Ella Wright
YOGA



Caleb Hawker
MMA

Kids Program Coaches

TIER 03 • 07 PEOPLE



Paul Kearny
KIDS COACH



Amanda Daley
KIDS COACH



Beatriz Foki
KIDS COACH



Steven Green
KIDS COACH



Ray Carey
KIDS COACH



Tianha Crompton
KIDS COACH

Junior Leaders

TIER 04 • 06 PEOPLE • YOUNGER PROGRAMS



Coach Heidi
JUNIOR LEADER



Coach Chlea
JUNIOR LEADER



Coach Leana
JUNIOR LEADER



Coach Amiria
JUNIOR LEADER



Coach Jorja
JUNIOR LEADER

CHAPTER 09 • A WEEK AT AKO

Weekly

Subject to change — scan the QR on the back cover for the live timetable. PT and small-group sessions on request.

BJJ NO-GI STRENGTH & COND. MOVEMENT & WELLNESS JUDO MMA FAMILY / KIDS

Adults MON – SAT • 16+ YEARS

MORNING & MIDDAY

MON	TUE	WED	THU	FRI	SAT
6:00 – 7:00 Movement & Hand Bal.	6:00 – 7:00 BJJ	6:00 – 7:00 Movement & Cali.	6:00 – 7:00 No-gi		7:00 – 8:00 Yoga
	6:00 – 7:00 Strength & Cond.				8:00 – 9:00 Fitness Open Mat
9:30 – 10:30 Strength & Cond.				9:30 – 10:30 Strength & Cond.	8:00 – 9:00 BJJ
12:30 – 1:30 BJJ Fundamentals				12:30 – 1:30 No-gi	10:45 – 11:15 Family Class

EVENING

MON	TUE	WED	THU	FRI	SAT
5:30 – 6:30 Women's BJJ	5:30 – 6:00 Women's No-gi	5:30 – 6:30 Women's No-gi	5:30 – 6:30 BJJ Fundamentals	5:30 – 6:30 No-gi	
5:30 – 6:30 BJJ	5:30 – 6:30 No-gi	5:30 – 6:30 Advanced No-gi	6:30 – 7:00 BJJ Rounds	6:30 – 7:30 Judo	
6:30 – 7:30 BJJ Rounds	5:30 – 6:30 Yoga	6:30 – 7:30 No-gi			
6:30 – 7:30 MMA	6:30 – 7:30 Strength & Cond.				
	6:30 – 7:30 No-gi Fundamentals				

Kids MON – SAT • AGES 2 – 15

MON	TUE	WED	THU	FRI	SAT
3:30 – 4:00 Jellyfish BJJ · 4–7y	3:30 – 4:00 Jellyfish No-gi · 4–7y	3:30 – 4:00 Jellyfish No-gi · 4–7y	3:30 – 4:00 Jellyfish BJJ · 4–7y	3:45 – 4:30 Combined Fitness · 4–15y	9:00 – 9:30 Guppies · 2–4y
4:00 – 4:45 Piranhas BJJ · 7–15y	4:00 – 4:45 Piranhas Fitness · 7–15y	4:00 – 4:45 Piranhas No-gi · 7–15y	4:00 – 4:45 Piranhas Fitness · 7–15y	4:45 – 5:30 Combined Judo · 4–15y	9:30 – 10:00 Jellyfish BJJ · 4–7y
4:45 – 5:30 Piranhas MMA · 7–15y	4:45 – 5:30 Piranhas No-gi · 7–15y	4:45 – 5:30 Pos. Sparring · 8+y	4:45 – 5:30 Piranhas BJJ · 7–15y		10:00 – 10:45 Piranhas BJJ · 7–15y
					10:45 – 11:15 Family Class · 4+y

CHAPTER 10 • FAQ

Common questions.

Q.01 How often should I train?

Start with 2–3 sessions per week. Consistency beats volume. Three focused sessions will always beat five rushed ones.

Q.02 I'm not fit enough to start. Should I get in shape first?

No. BJJ will get you fit. Waiting until you're "ready" is the most common reason people never start. Come as you are.

Q.03 Will I get hurt?

Minor bumps and bruises are normal — like any contact sport. Serious injuries are rare when you train smart, tap early, and communicate with your partners.

Q.04 I don't know anything. Will I hold people back?

Every person on the mat was once a complete beginner. Training with newer students helps experienced practitioners too — teaching forces them to articulate and understand what they do. That's literally what Ako means.

Q.05 Am I too old to start?

No. We have members who started in their 40s, 50s and beyond — and a 70+ year old currently training fitness and judo with us. BJJ is built on technique and leverage, not athleticism.

Q.06 What's the difference between gi and no-gi?

Gi training uses a traditional uniform which allows grip-based techniques on the fabric. No-gi uses rashguards and shorts — faster pace, fewer grips, more wrestling-based. We train both at Ako.

Q.07 How long does it take to get a blue belt?

Typically 1–2 years of consistent training. But don't chase belts. Focus on showing up, learning the positions, and improving your problem-solving on the mat.

Q.08 Do I have to compete?

No. Most members train for fitness, confidence and community — competition is completely optional. That said, competition is one of the best training tools available. It gives 100% honest feedback on what works. We run in-house comps first so you can experience it in a familiar, supportive environment.

Q.09 When am I ready to compete?

Your coaches will guide you. We don't send anyone into competition unprepared. In-house comps are the starting point — lower pressure, familiar faces, your coaches right there. When you're ready for external events, we'll support you through that too.

STILL HAVE QUESTIONS?

Ask a coach.
That's what we're here for.

CHAPTER 11 • THE AKO WAY

To teach. To learn.

Ako means to teach and to learn. It's the foundation of everything we do. Every person on the mat — regardless of belt, age, or experience — is both a student and a teacher. That's not a slogan. It's how we train.



01

Discipline

Show up. Do the work. No shortcuts. Progress comes from consistency, not talent.

02

Resilience

You'll get tapped. You'll get tired. You'll feel lost. That's the process — lean into it.

03

Accountability

Own your training, your behaviour, and your attitude. No one else is responsible for your growth.

04

Respect

Respect the mat, your coaches, your training partners, and yourself. Ego stays at the door.

05

Community

We train together because we're better together. Look after each other on and off the mat.

ADULT BELT PROGRESSION

4 STRIPES PER BELT → NEXT PROMOTION



Each adult belt has **four degrees (stripes)** before the next promotion — earned over time on the mat. Stripes acknowledge consistency, technique, and contribution to the team; the belt change comes when you've shown the depth, mindset and skill of the next level.

KIDS BELT PROGRESSION

13 BELTS → AGES 4-15



Each colour earns 3 stripe variants — solid, then white-striped, then black-striped. Promotions reward consistency, attitude and skill, not just attendance.



From green to blue. A junior who reaches green has topped the kids system. At **16** they step onto the adult ladder, starting at blue belt — the next chapter of the same journey.

COMPETITION AT AKO

Optional, but if you want to test yourself we've got a pathway. We run in-house competitions first — friendly, low-pressure events between our own members. When you're ready, we support athletes at external events across Queensland and beyond.



INSIDE THIS BOOK

Ready? See you on the mat.

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CHAPTERS
OF TRAINING

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POSITIONS
ON THE LADDER

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COACHES
ON THE MAT

35+

WEEKLY
CLASSES



SCAN FOR TIMETABLE & BOOKINGS

Bookings open online. Trial classes welcome –
every day, all programs.



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Ako.

WHITE

BLUE

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