

*SHUT UP*

*& TRAIN*

A 2020 survey of sexual  
harassment and assault in the  
Brazilian Jiu-jitsu community.



# 01

## Part I – It Happens in *Our Sport too.*

“I almost chose not to say anything because everybody loved this coach and I didn’t know if they would believe me or if I would then be shunned.”

*RESPONDENT ID #231157320*

“*I feel more like all the guys at my gym are my brothers and I think if anyone tried to do something to me it wouldn't go well for them.*”

**Respondent #231160085**

## The gentle art

It is known as the gentle art, but Brazilian Jiu-jitsu (BJJ) athletes know that the reality feels slightly different. In a sport where the goal is to bend, smash, choke — but not injure— your training partner, consent and trust are absolutely crucial.

Perhaps because of the trust we place in each other, BJJ is often described as a brotherhood. Gyms are referred to as second families, and the inherent trust BJJ athletes place in each other every day makes it very easy to call it a safe, welcoming sport.

For many people it is exactly that. So when stories of misconduct slide into our attention, it is sometimes too easy to say, “*That would never happen in MY gym.*” I created and distributed a survey to find out if this is true.

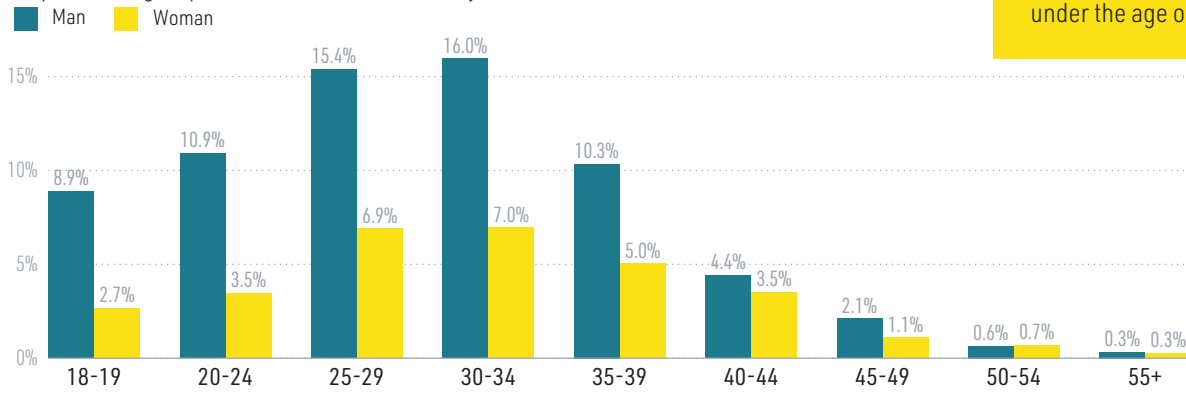
*Please note: The survey provided an opportunity for people to share their experiences, and as a result this report contains descriptions of sexual harassment and sexual assault.*

# Meet your extended family

**Who did we not talk to?**  
Due to the sensitive nature of the topic, this survey was not available to individuals under the age of 18.

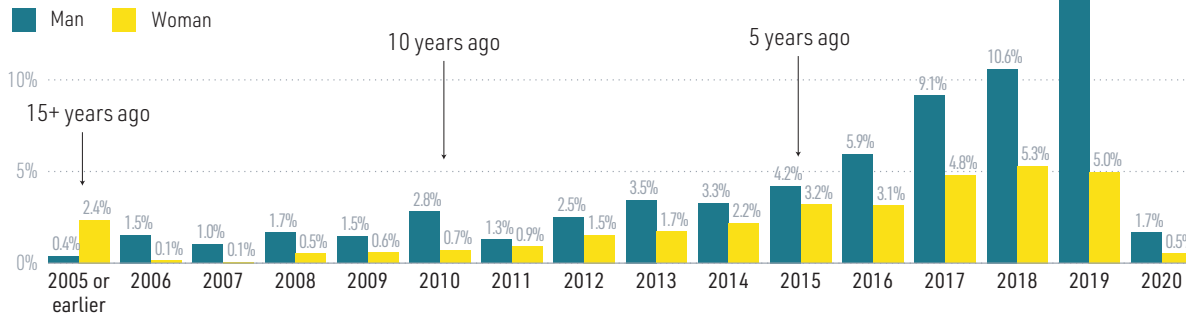
**Fig. 1: Age of respondents**

Respondent's ages spanned from 18- 67. Non-binary results are less than 5% of total and are excluded.



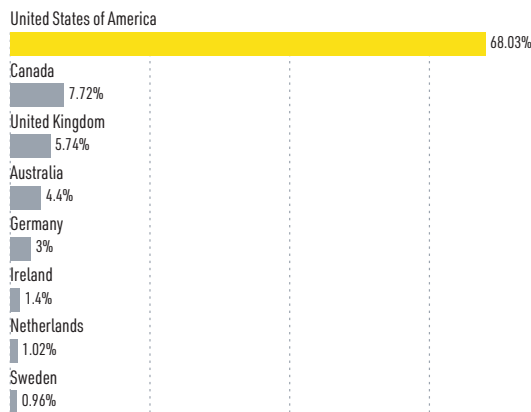
**Fig. 2: What year did you start?**

Most of the respondents are relatively new to the sport. Non-binary results are less than 5% of total and are excluded.



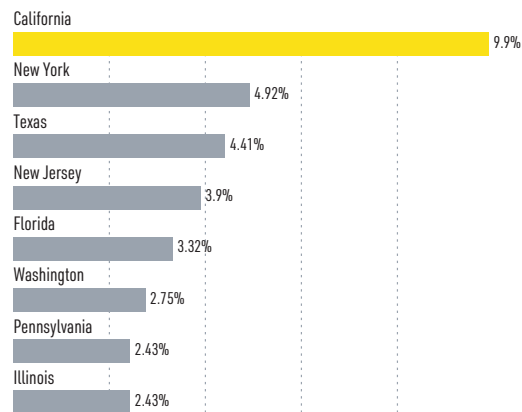
**Fig. 3: Where in the world?**

In total responses came from 51 countries, with over two-thirds of the people coming from the U.S.



**Fig. 4: Where in the nation?**

48 U.S. states and D.C. were represented. Nearly 10% of all responses came from California alone.



### Why is the women's percentage so high?

Knowing that BJJ is a male-dominated sport, and wanting to compare the experiences between genders, we intentionally sought out female perspectives. This was done primarily through a Facebook group called "Women's Grappling Network."

## Demographics

1583 people responded to the survey. From that group 17 responses were not considered due to blatant trolling or outrageous claims. Of the remaining 1566 responses, 69% of them were men, 30.6% of them were women and 0.4% identified as gender non-binary.

Responses came from 51 different countries with the majority of responses being from the U.S.

The belt ranks were distributed as expected, with white belt being the biggest group, and black belt being the smallest. The median age for both men and women was 30.

Most respondents selected Athlete/Practitioner as their primary role. Some of the "other" responses included parents, club managers, and inactive athletes.

An incredible 10.7% of people responded as being 18 years old. This is likely due to people under 18 inflating their age in order to participate, as well as 18 being the survey's default option. Eventually this default was removed, but only after about half of responses had been collected.

Fig. 5: Respondent's gender identity

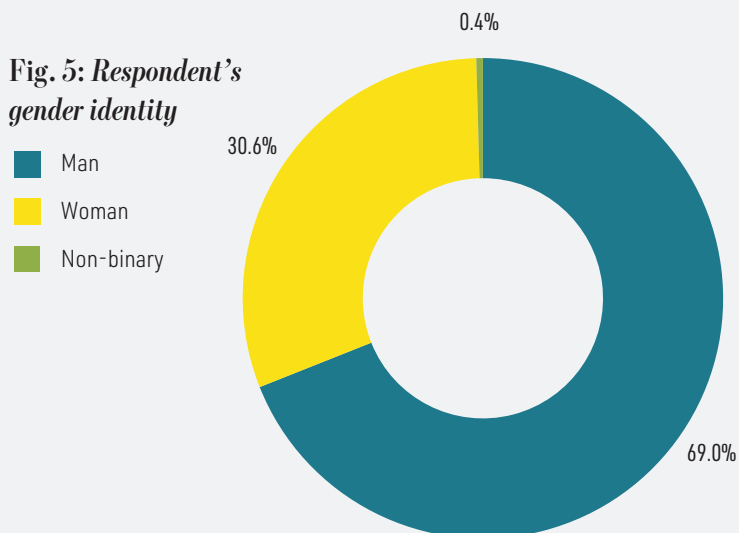


Fig. 6: Respondents role in BJJ

Respondents could select up to 2 answers.

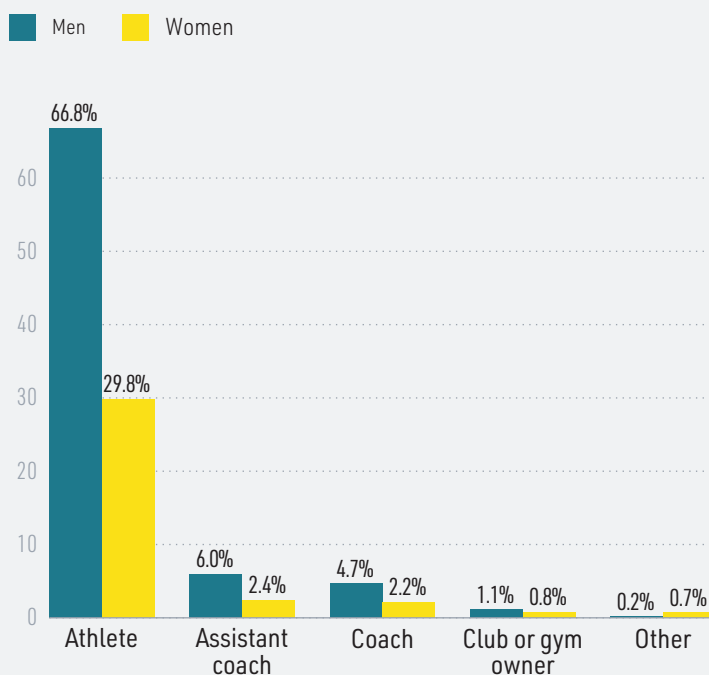
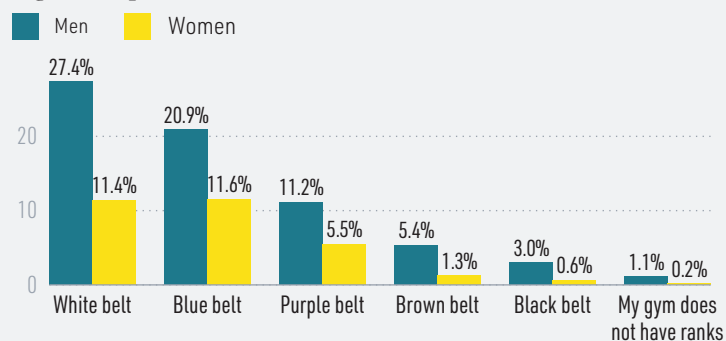


Fig. 7: Respondent's rank in BJJ



# The difficult questions

Fig. 8: Have you been sexually harassed by a member of the BJJ community?

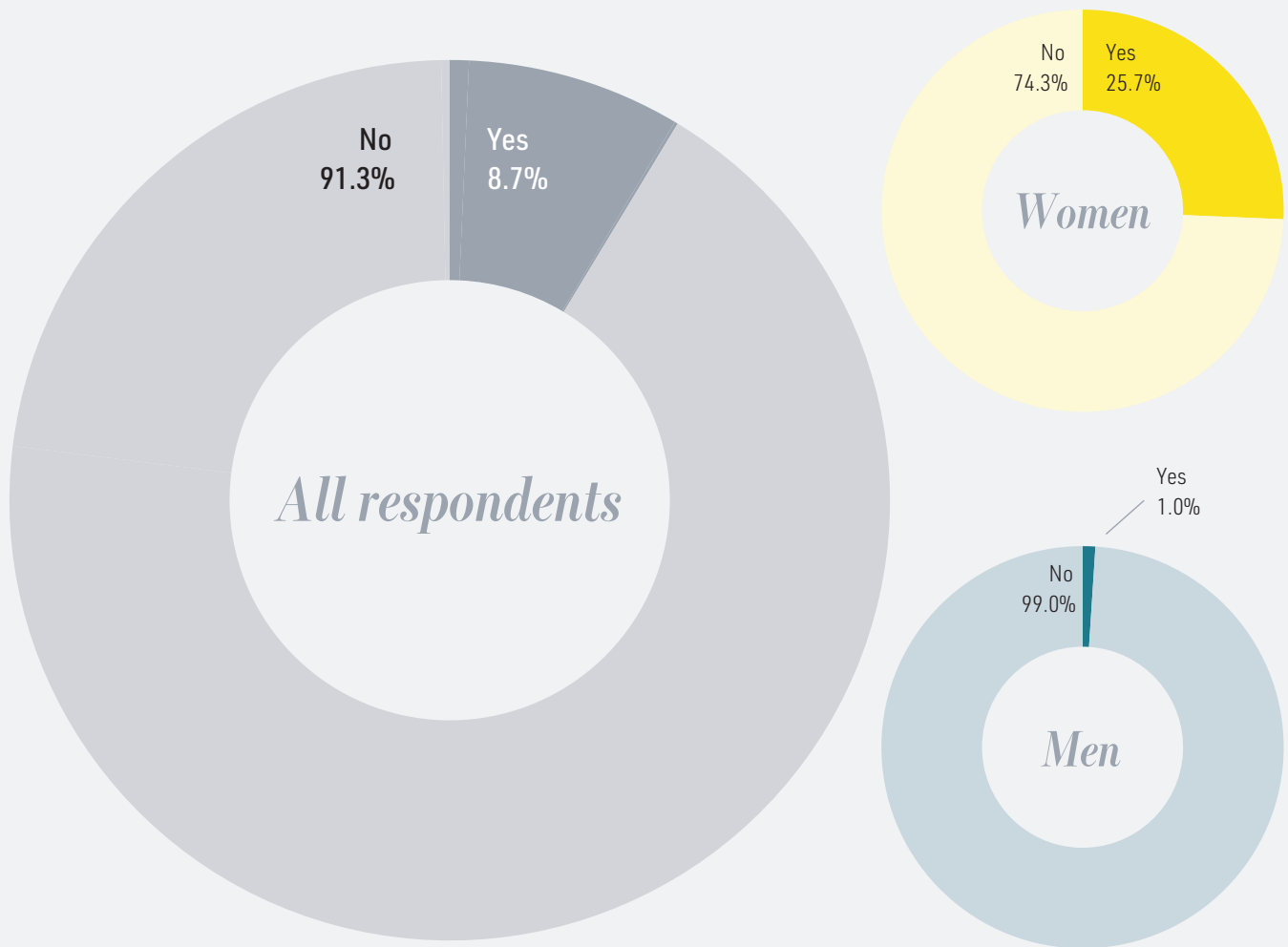
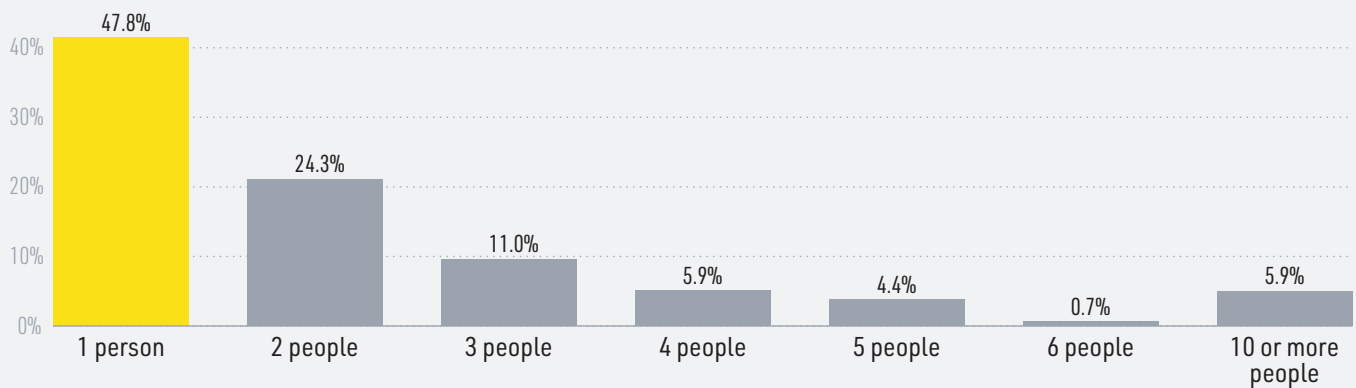


Fig. 9: How many members of the BJJ community have sexually harassed you?

Note: No one reported 7, 8, or 9 people. People who have not been sexually harassed are excluded.



# Who is affected?

Fig. 10: Gender breakdown of people who have been sexually harassed by a member of the BJJ community

- Men
- Women
- Non-binary

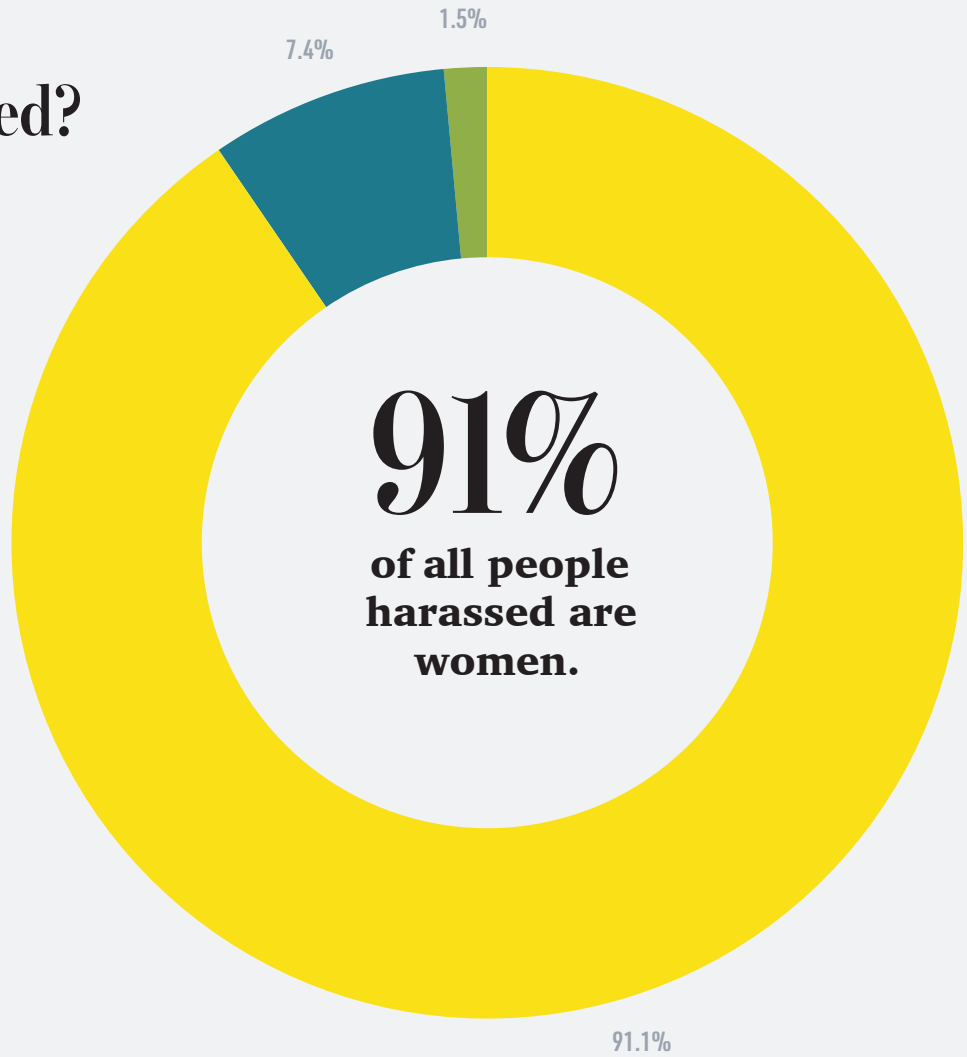
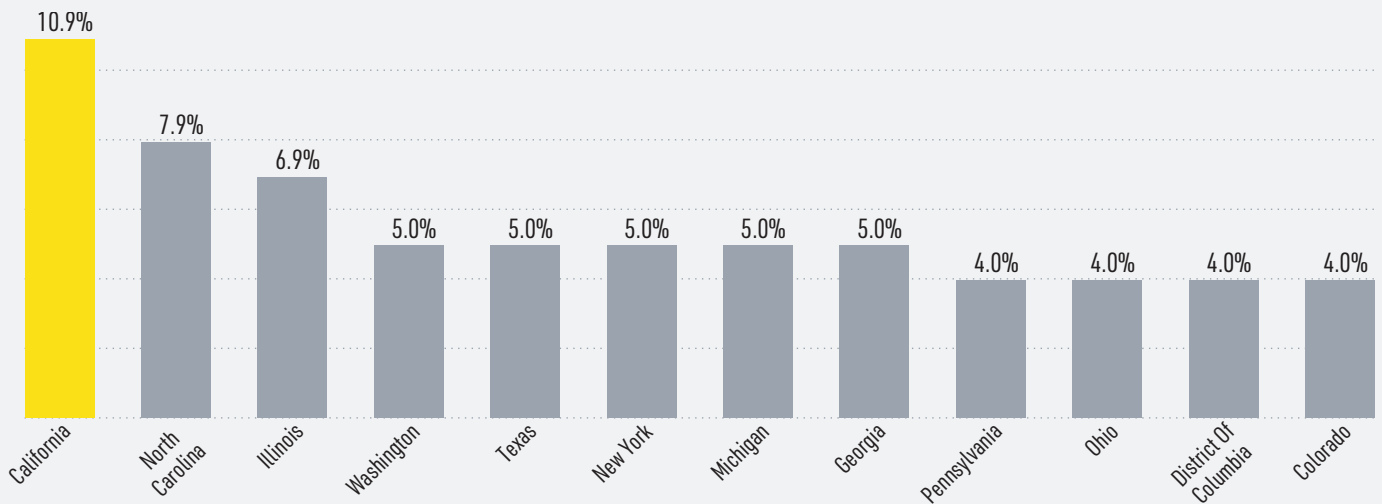


Fig. 11: State of respondents who have been sexually harassed

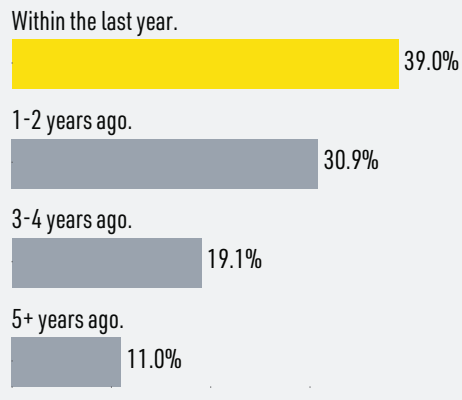
This data was collected automatically via the survey tool, and may not reflect where the harassment took place. Only top 12 locations shown.

## Top States

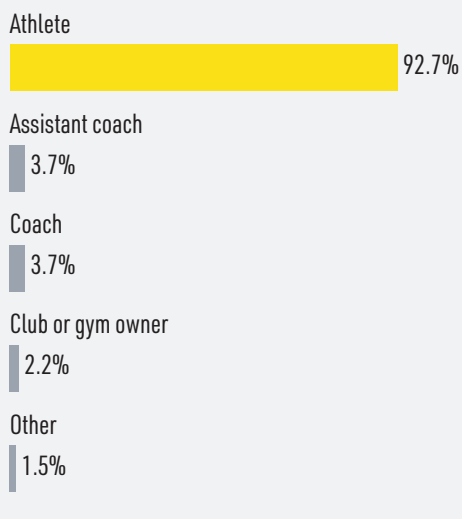




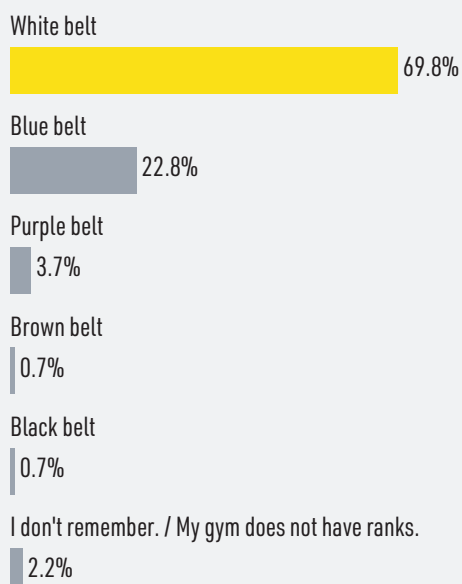
**Fig. 12: How long ago did the most recent incident happen?**



**Fig. 13. Role in BJJ at the time**  
Respondents could select multiple answers.



**Fig. 14: Rank in BJJ at the time**



## What was reported?

Although women only made up about 30% of the survey respondents, they made up 91% of those who reported being harassed. Women reported sexual harassment at much higher rates than their male counterparts. Out of the 1081 male respondents, a mere 1% said that they had been harassed. Meanwhile, out of 479 women, over 25% reported being sexually harassed by someone in the BJJ community at least once. This reflects nationwide surveys, which overwhelmingly [report women](#) being harassed at [higher rates than men](#), such as in the [military](#) and [reserves](#) (e.g., see also [Lee 2018](#); [Freischlag and Faria 2018](#)).

Along with findings consistent with other sports, power dynamics emerge as a theme. For example, of those who reported experiencing harassment, over 69% were white belts at the time. For reference, only 39% of our respondents are white belts, which means that a disproportionate number of victims were white belts. Abusers can also take advantage of a new student's ignorance. One respondent who was groped while learning a guard pass described her experience, "I was new and wasn't sure if that was the technique. I asked a male teammate later and he told me it was not the technique and that the person who did it to me was bragging about grabbing my ass in the changeroom."

Once participants get more familiar with the community and the sport, they are less likely to be harassed. Overall, these findings corroborate [other reports](#) which show that gender and role in the sport can influence the likelihood of being harassed.

# Breakdown on harassers

It may come as no surprise that harassment originated from a teammate or **coach** who held some sort of position of authority. This is consistent with national studies on the **military, workplace, and sports**. When someone holds power or authority it is easier for them to behave inappropriately without fear of being reported or punished. The BJJ community is not an exception to this general rule. Unequal power dynamics are also seen in the hierarchical nature of martial arts, where someone of a higher rank is also in a position to take advantage of newcomers to the sport who are still lacking a social network and familiarity with customs and etiquette. BJJ requires trust and it can be hard to distinguish between what is okay and not okay when you are first starting out.

## How was “position of authority” determined?

Authority was ranked as follows with athlete the most subordinate: gym/club owner > coach > assistant coach > athlete.

If the harasser had two roles (e.g. coach and gym owner) the higher of the two was used.

Fig. 15: Power at play

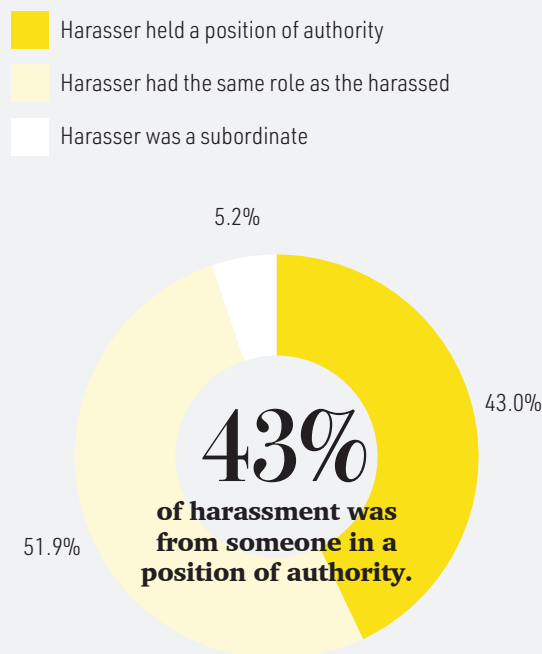
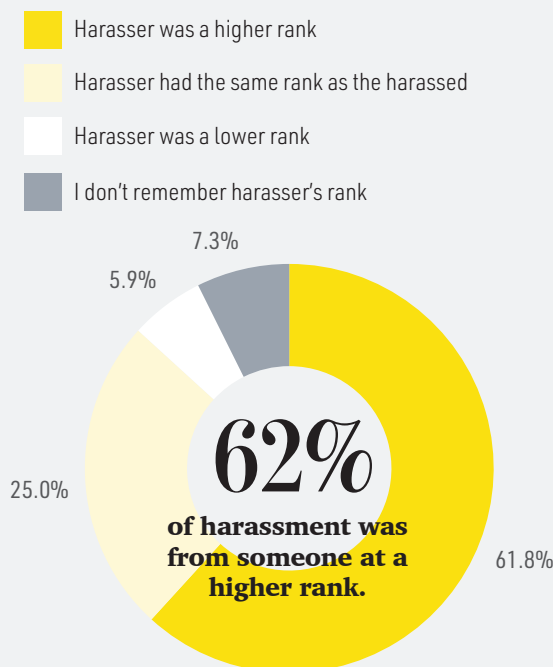


Fig. 16: Pulling rank

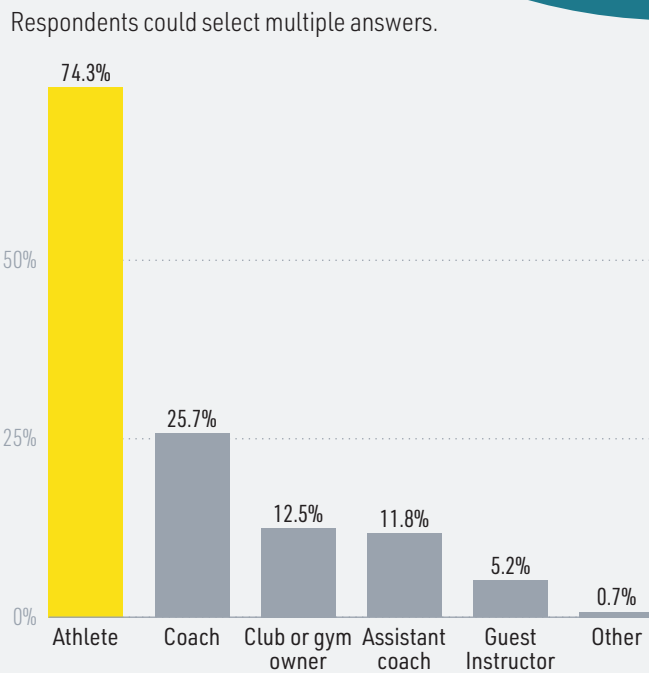


**Fig. 17: Gender of harasser**



**Fig. 18: Role of harasser at the time of the incident.**

Respondents could select multiple answers.

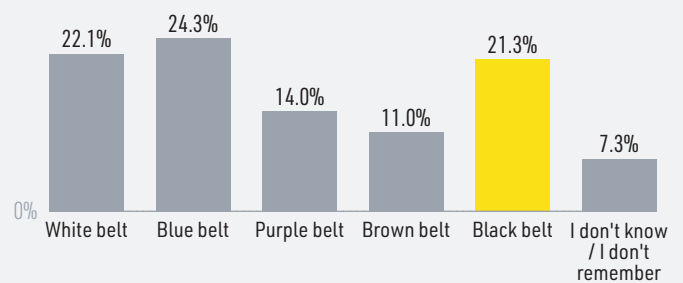


93.4%

**Culture starts at the top**

Despite being the smallest segment of the BJJ community, black belts are one of the largest groups of harassers.

**Fig. 19: Rank of harasser**

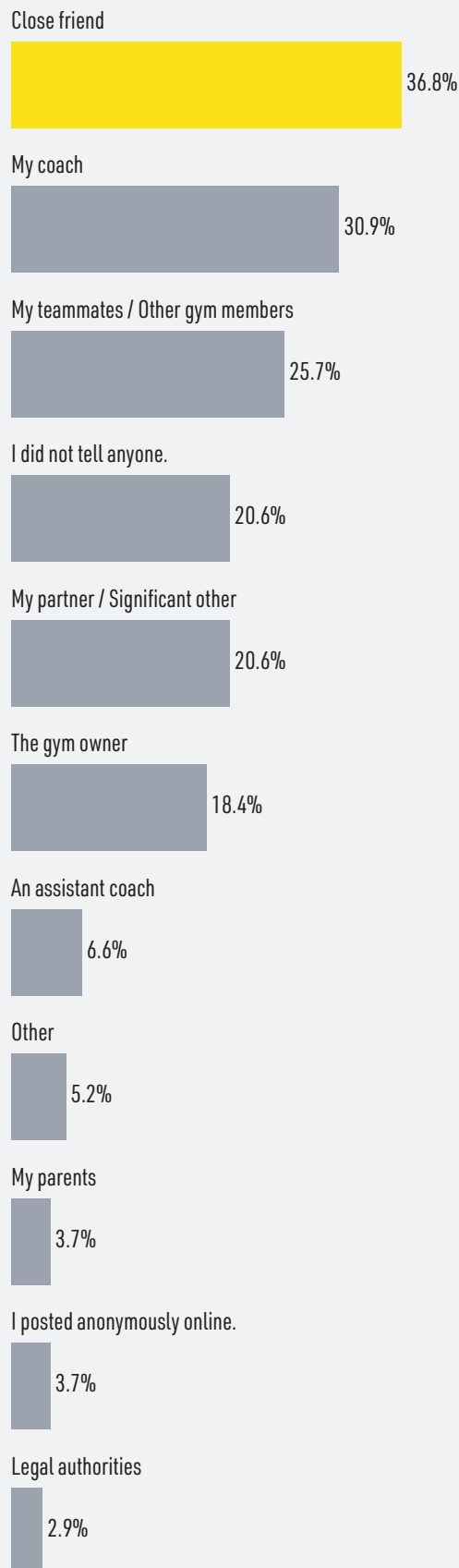


# Who knows about it?

Some of the main barriers to preventing and punishing sexual harassment are the lack of reporting, barriers to anonymous reporting, and fear of retaliation. In the US armed forces, [a study in 2016](#) found that 58% of women who reported sexual misconduct by peers said that they were met with retaliation as a consequence. The Department of Defense estimated in 2017 that two out of three victims of sexual assault do not report it. (See also [2019 Department of Defense report.](#)) This is consistent with our findings as well, where a majority people experiencing sexual harassment told a close friend, coach or significant other, but 20% did not tell anyone at all. Another significant finding in our data was that 43% of all women personally knew someone who had been sexually harassed. When compared with 17% of men who answered to the affirmative, these findings suggest that women often confide in other women. As a result, a majority of the overall BJJ community, who are men, might be completely unaware that there is a problem at all.

Fig. 20: Who did you tell?

Respondents could select multiple answers.



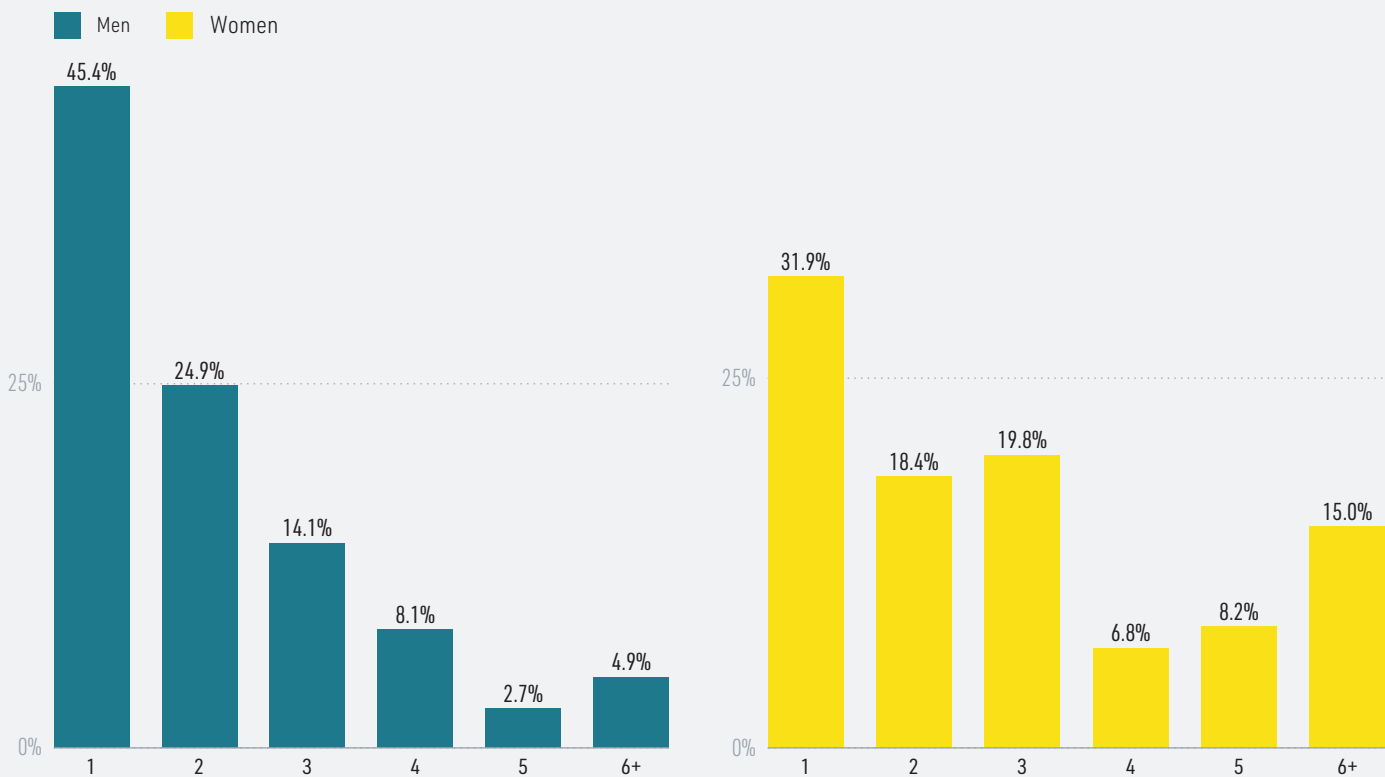
**Fig. 21: Do you personally know anyone who has been sexually harassed by a member of the BJJ community?**

Respondent is excluded.



**Fig. 22: How many people do you know who have been sexually harassed by a member of the BJJ community?**

People who do not know anyone who has been sexually harassed by a member of the BJJ community are excluded.



# When and where?

The most common complaint was inappropriate comments during open rolling or sparring. These were generally sexual innuendos, or inappropriate comments on a person's body. They were sometimes passed off as jokes, but other times were as unambiguous as, "Can you feel my [genitals] on your arm?" Inappropriate comments were frequently whispered in the target's ear.

Harassment outside of class times, particularly through texting or Internet communication, was nearly as common. Harassment included inappropriate comments, numerous unwanted requests for dates, and obscene photographs. Four people said they were stalked.

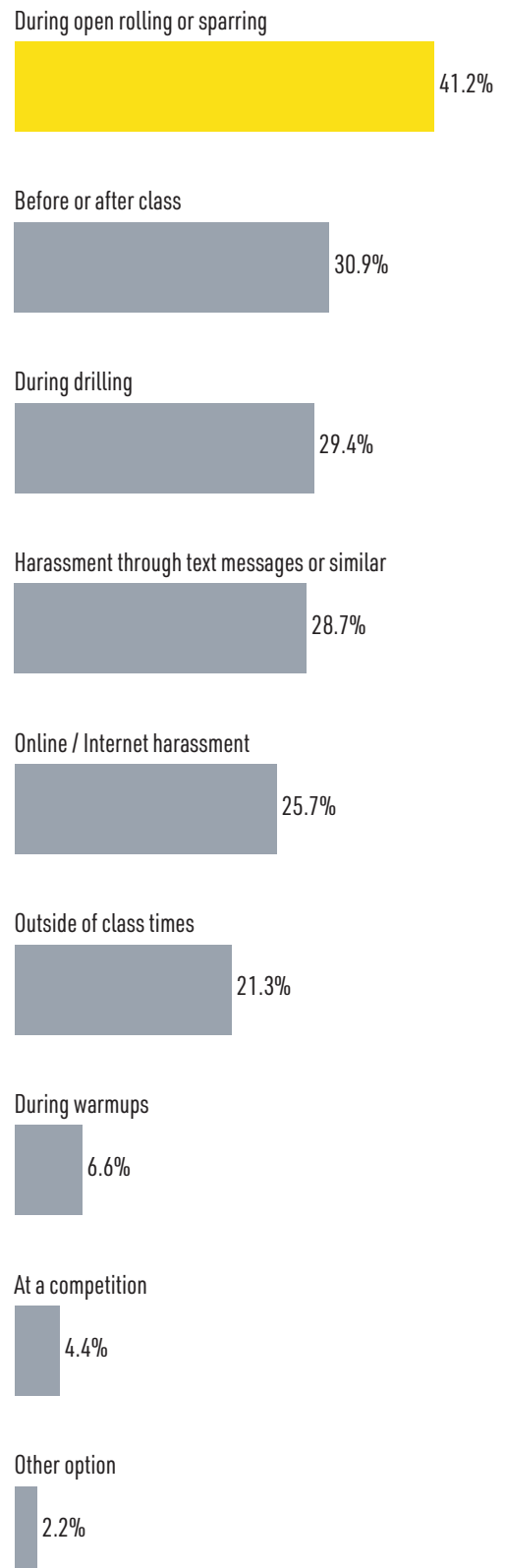
In fact, online harassment of women in BJJ is common enough to the point that it is considered mundane. Women's Grappling Network, a Facebook group of 10,000 women, disallows posts of "skeevey dude chats via text/social media," saying they lower the quality of posts and are "nothing new and unlikely to stop."

It is also worth noting that someone who has experienced sexual harassment will choose to leave their gym or class twice as often than the harasser is asked to leave. Whereas over 22% of women changed gyms or class times due to being sexually harassed, only 12% reported that the harasser was removed from the gym. Low retention rates of women at some gyms could be related to a more widespread and broader issue of harassment and silence culture.

On a positive note, over 60% of women who reported to an authority said their report was taken either "very seriously" or "moderately seriously." At the same time, 40% reported being "satisfied" or "very satisfied" with the resolution, which indicates that some existing measures are already being taken and are proving somewhat effective.

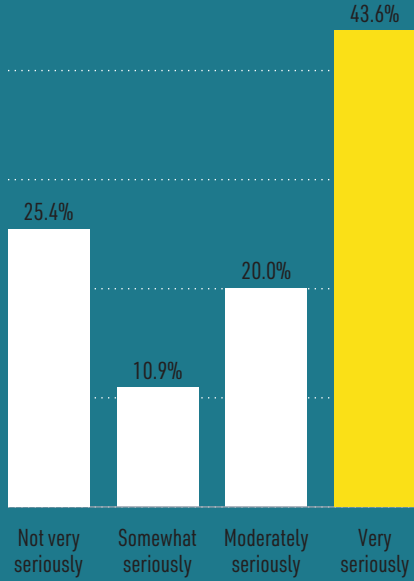
**Fig. 23: Where did the sexual harassment happen?**

Respondents could select multiple answers.



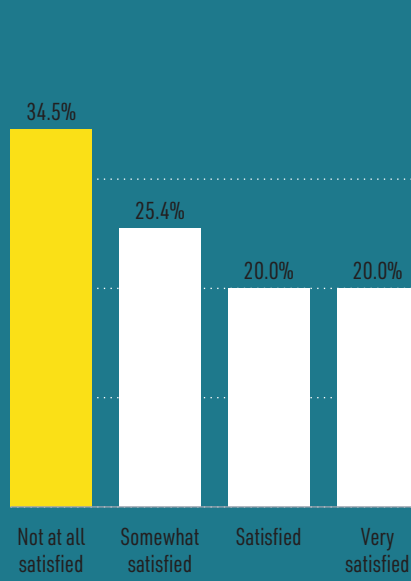
**Fig. 24: How seriously was your report taken?**

Only responses from individuals who told a coach, assistant coach, or gym owner.



**Fig. 25: How satisfied were you with the resolution?**

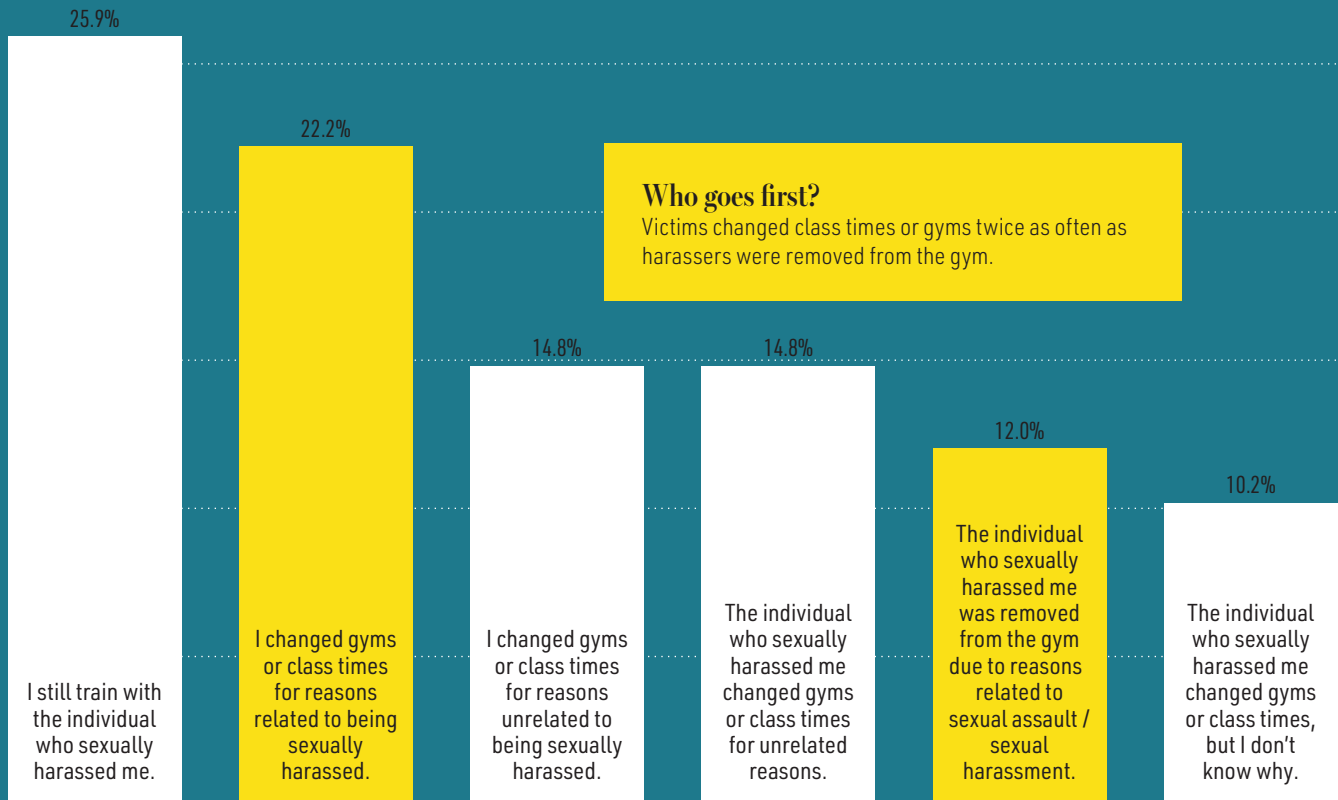
Only responses from individuals who told a coach, assistant coach, or gym owner.



**12%**  
of harassers were removed from the gym due to their behavior

**Fig. 26: Do you still train together?**

In instances of multiple answers, the respondent was instructed to choose which happened first.



# Sexual assault data

Because the legal definition of sexual harassment and sexual assault vary from region to region, the following definitions were provided in the survey:

**Harassment:** verbal harassment could be rumor spreading, name calling, unwanted and excessive aggression to perform acts sexual in nature and/or unwanted touch, (expressed verbally or non-verbally) on non-private parts of the body (ex: arm, back, shoulder, etc.)

**Assault:** Unwanted touching or grabbing of genitals, buttocks, and/or chest areas and/or coercive sex acts up to and including rape.

Despite having these definitions, 20 people who indicated that they were harassed *but not assaulted*, went on to describe being groped, grabbed, slapped, or kissed. This is a common obstacle in gathering accurate sexual assault data. Some people feel that their assault doesn't "count" because it's not severe enough. (These twenty people were *not* added to the sexual assault data.)

On the other hand, nearly every description of sexual assault was unambiguous. People were often assaulted outside of class times, or in ways that should not happen in grappling. Only two people indicated that they were unsure at first, and only took action after being assaulted by the same person again.

In other words, people were more likely to downplay or doubt their experiences, rather than jump to conclusions about misplaced hands in scrambles.

## "This survey is biased!"

All research carries some bias. In the early stages of collecting data for this report, a fairly common critique given was the accusation of **sampling bias**, the idea that people who had bad experiences are more likely to respond, skewing the data.

In a perfect world, this survey would have been distributed to 10,000 randomly selected participants who would all complete it with truthful responses. Reality is not that simple. In addition to sampling bias, here are some other biases to consider:

**Non-response bias.** Would a survivor of sexual abuse be less likely to respond knowing that they may have to recount some of their experience?

**Survivorship bias.** Survivors of sexual abuse may be less likely to respond. This can skew the data toward showing rates of harassment and assault that are much lower than the real number.

Biases aren't the only reason that getting a clear picture is very difficult. Another challenge is people believing that their harassment or assault doesn't "count" because it's not severe enough. Despite providing a specific definition of sexual assault, many responses of "sexual harassment" described being groped, grabbed or kissed.

But even with all of these biases and complications, the data is still useful. For example, we see that women are significantly more likely to experience sexual harassment than men. Regardless of the selection bias, we would expect to see that men and women would both be equally affected by sexual harassment. But that is not the case. From the data, we can conclude that women are clearly dealing with something most men are not even aware of.



# More difficult questions

Fig. 27: Have you been sexually assaulted by a member of the BJJ community?

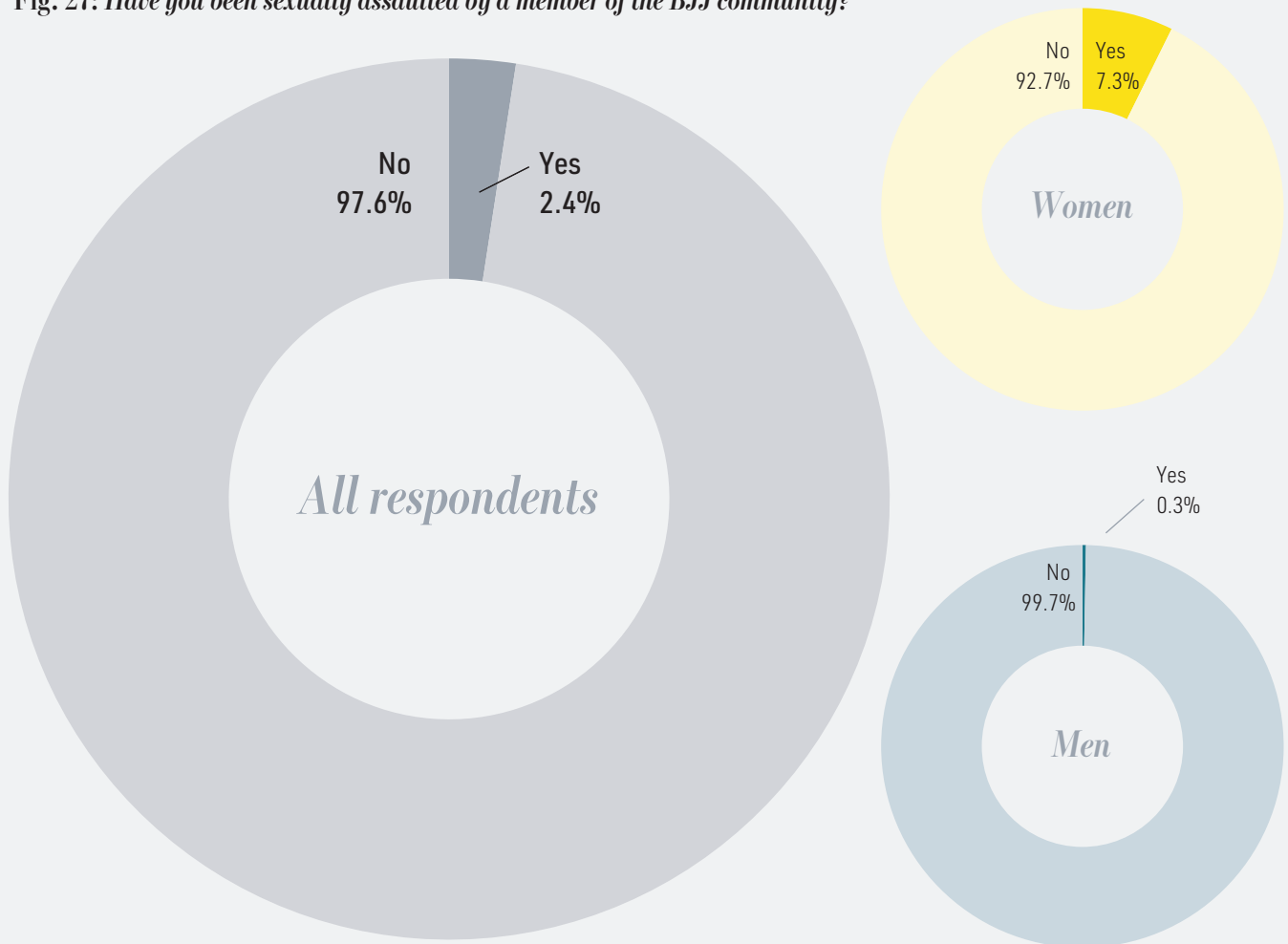
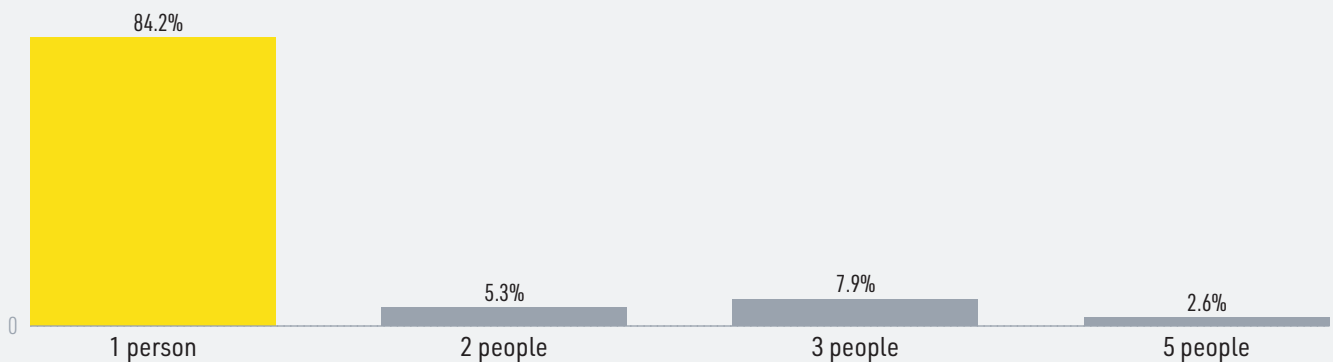


Fig. 28: How many members of the BJJ community have sexually assaulted you?

Note: No one reported 4 people. People who have not been sexually harassed are excluded.



# Who is affected?

Fig. 29: Gender breakdown of people who have been sexually assaulted by a member of the BJJ community.

- Men
- Women

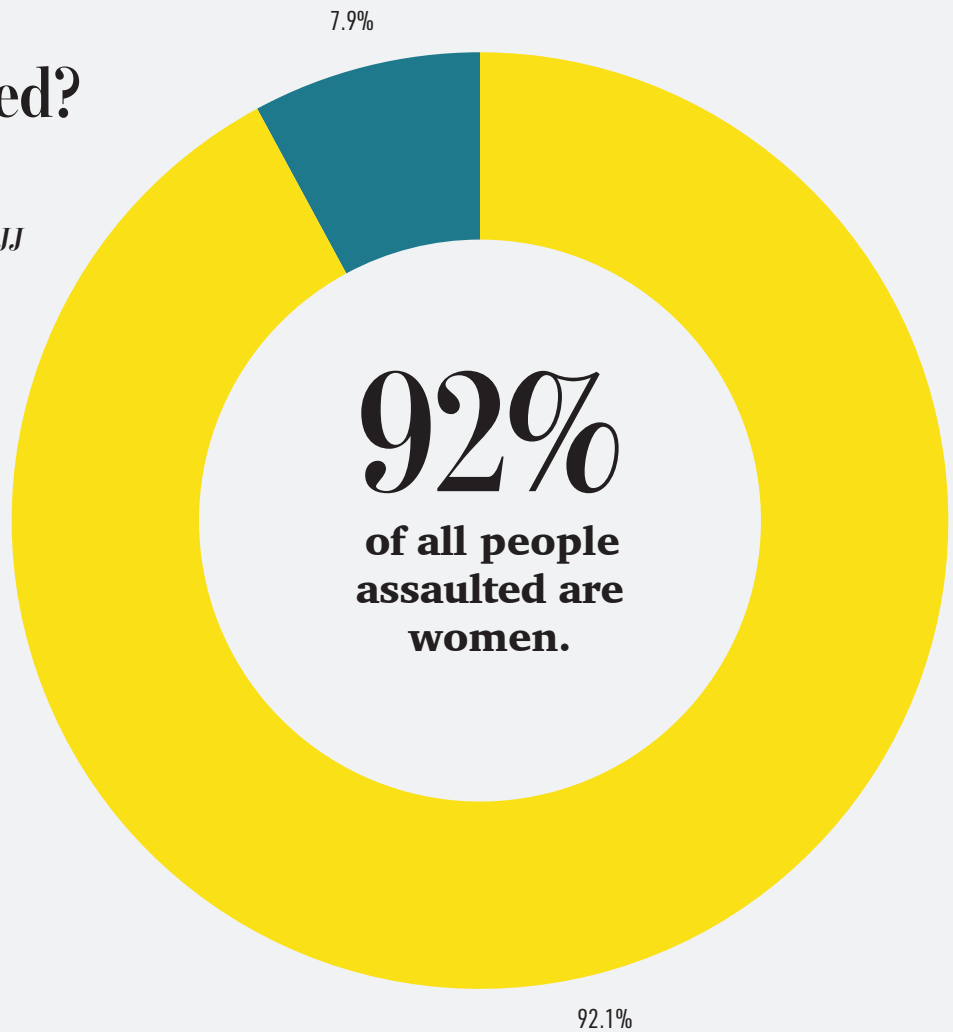
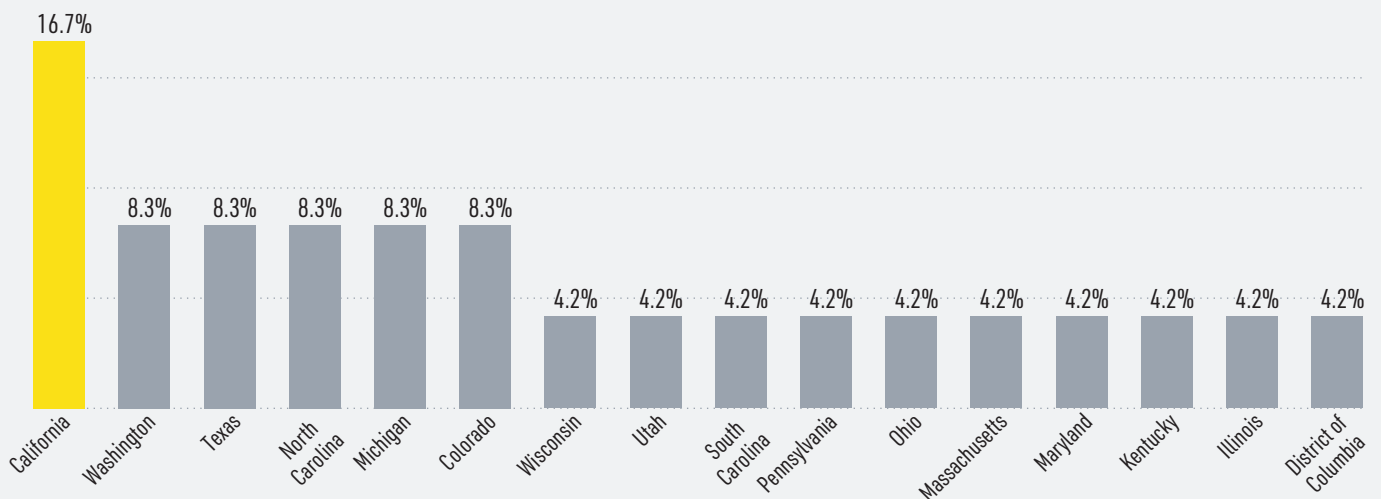
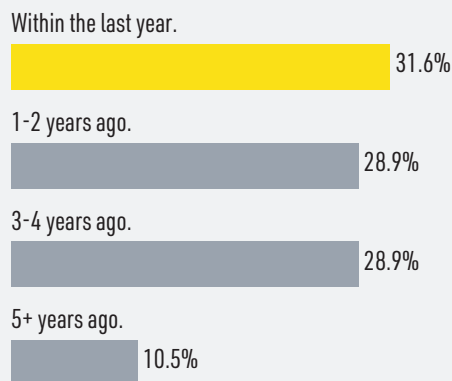


Fig. 30: State of respondents who have been sexually harassed  
This data was collected automatically via the survey tool, and may not reflect where the harassment took place.

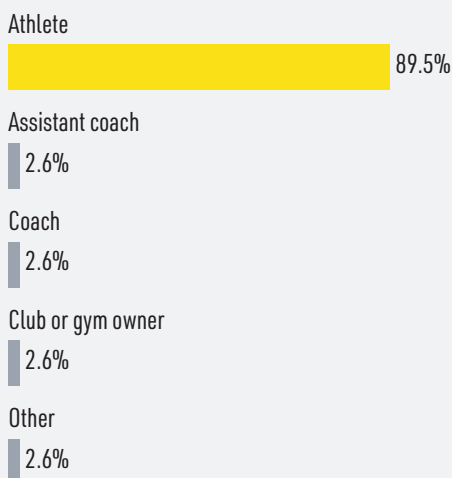
## Top States



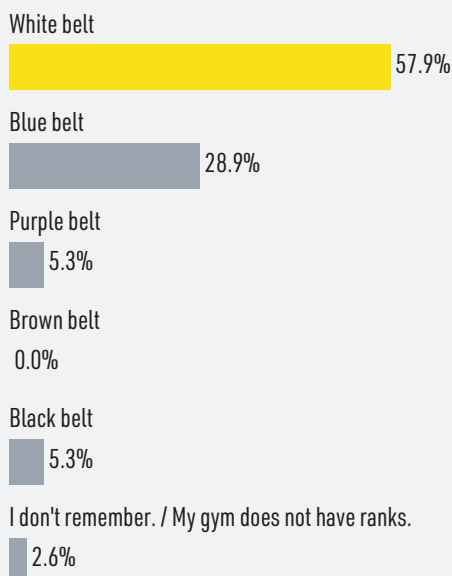
**Fig. 31: How long ago did the most recent incident happen?**



**Fig. 32: Role in BJJ at the time**  
Respondents could select multiple answers.



**Fig. 33: Rank in BJJ at the time**



## What was found

The number of reported assaults was much lower than that of harassment: for this question, about 7% of women answered “yes” and only 0.3% of men reported assault. As with sexual harassment, women are by far most affected, making up 92% of the “yes” answers. Although the actual number of reported assaults was much lower than that of harassment, the patterns were quite similar. An overwhelming majority of the victims were women. The victims were typically in the position of athlete, rather than a position of power. Over half of the victims were ranked as white belts.

# Breakdown on assaulters

Unlike sexual harassment, the majority of sexual assaults reported came from individuals who held the same role as the respondent. More specifically, they were nearly always athletes who assaulted other athletes. This isn't too surprising given that the majority of people involved in BJJ are exclusively athletes. For reference, 82.8% of respondents to the survey said athlete was their primary role.

The assaulter's belt rank followed the same pattern with white belts being the most common. However, the higher belts are disproportionately represented. We can use our survey demographics as a metric of belt ranks (Figure 7) and see that, despite black belts being 3.6% of the BJJ population, they account for 21.1% of the sexual assaults.

Fig. 34: Power at play

- Harasser held a position of authority
- Harasser had the same role as the harassed
- Harasser was a subordinate

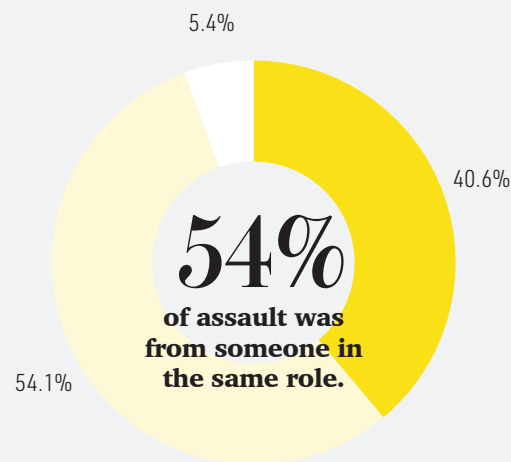
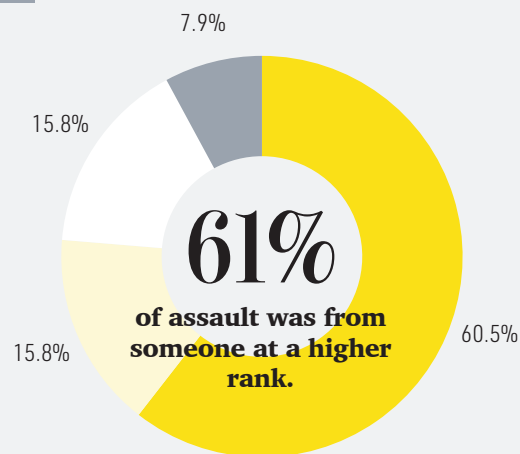


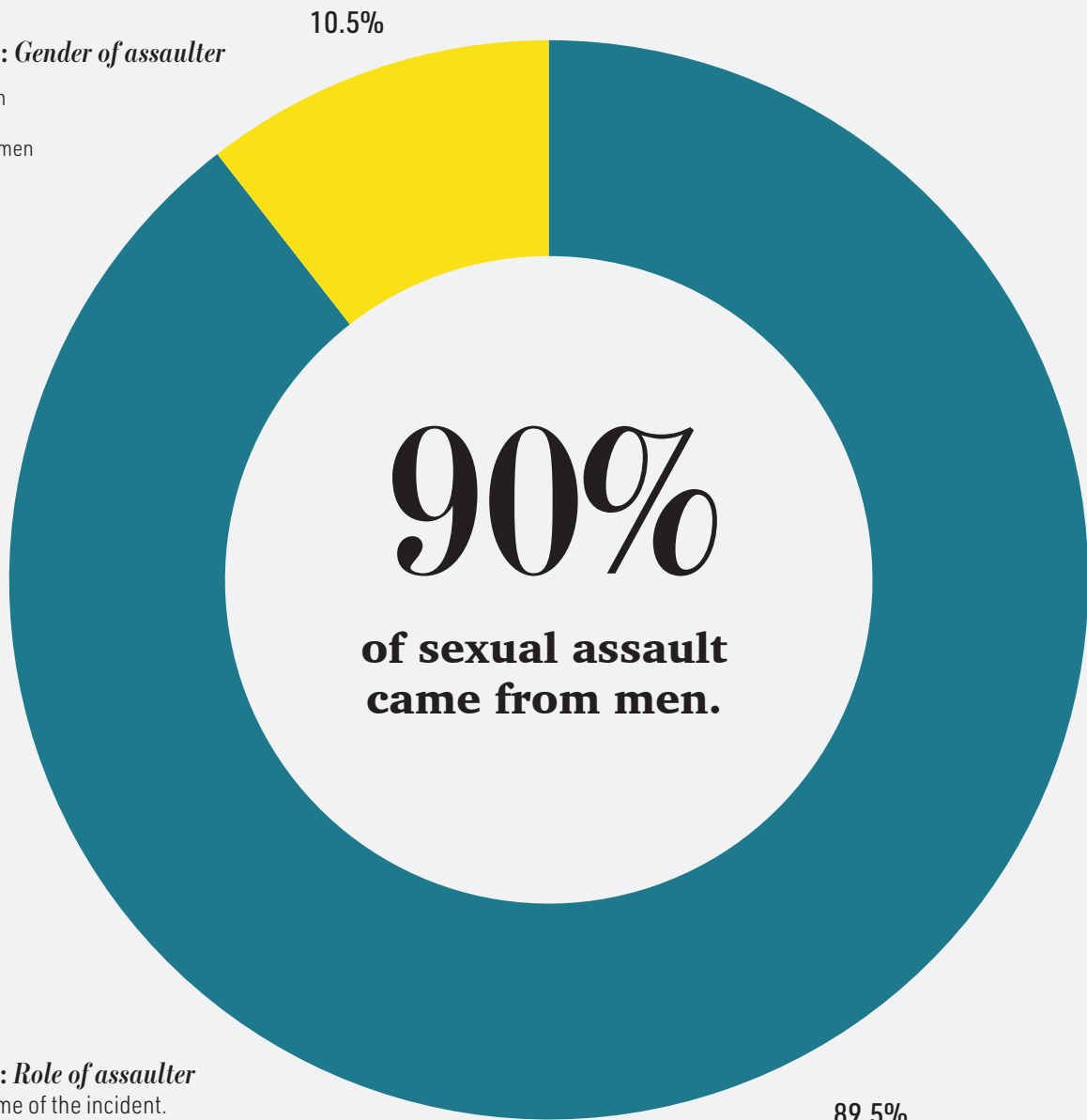
Fig. 35: Pulling rank

- Assaulter was a higher rank
- Assaulter had the same rank as the harassed
- Assaulter was a lower rank
- I don't remember assaulter's rank



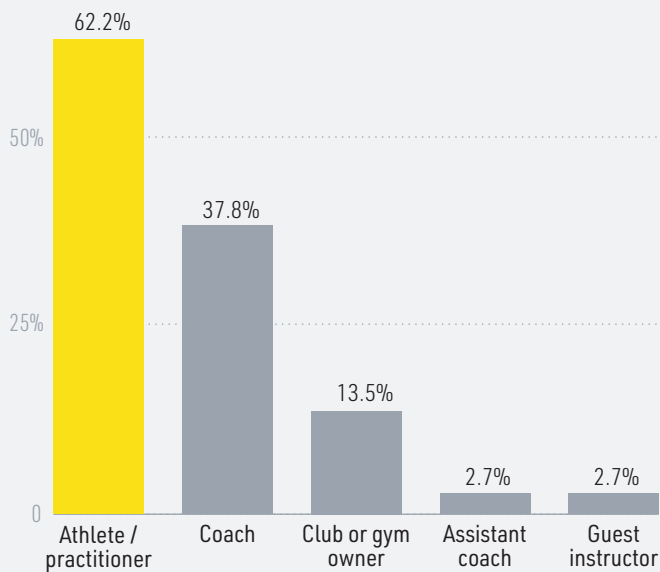
**Fig. 36: Gender of assaulter**

Men  
Women

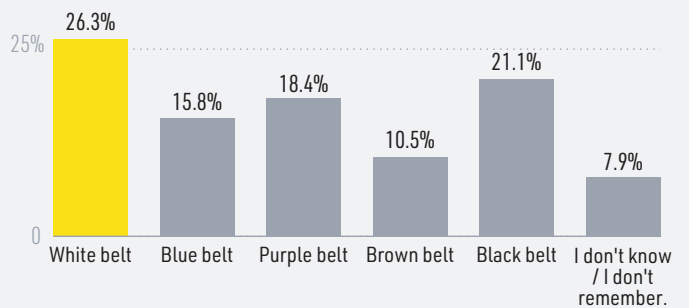


**Fig. 37: Role of assaulter**

At the time of the incident.  
Respondents could select 2 responses.



**Fig. 38: Rank of assaulter**



# Who knows about it?

As with sexual harassment, people who experienced sexual assault were most likely to tell their teammates, coach and close friends.

Once again, women were more likely to know about it than men. This could be from women warning their female teammates about a gym member, or from women seeking guidance from each other on how to proceed.

Another similarity is approximately one out of five respondents said that they did not tell anyone. This is often because people did not want to be seen as someone who made drama, or they felt that they would not be believed. Section 2 goes into more detail on why people chose to keep silent.

**Fig. 39: Who did you tell?**

Respondents could select multiple answers.



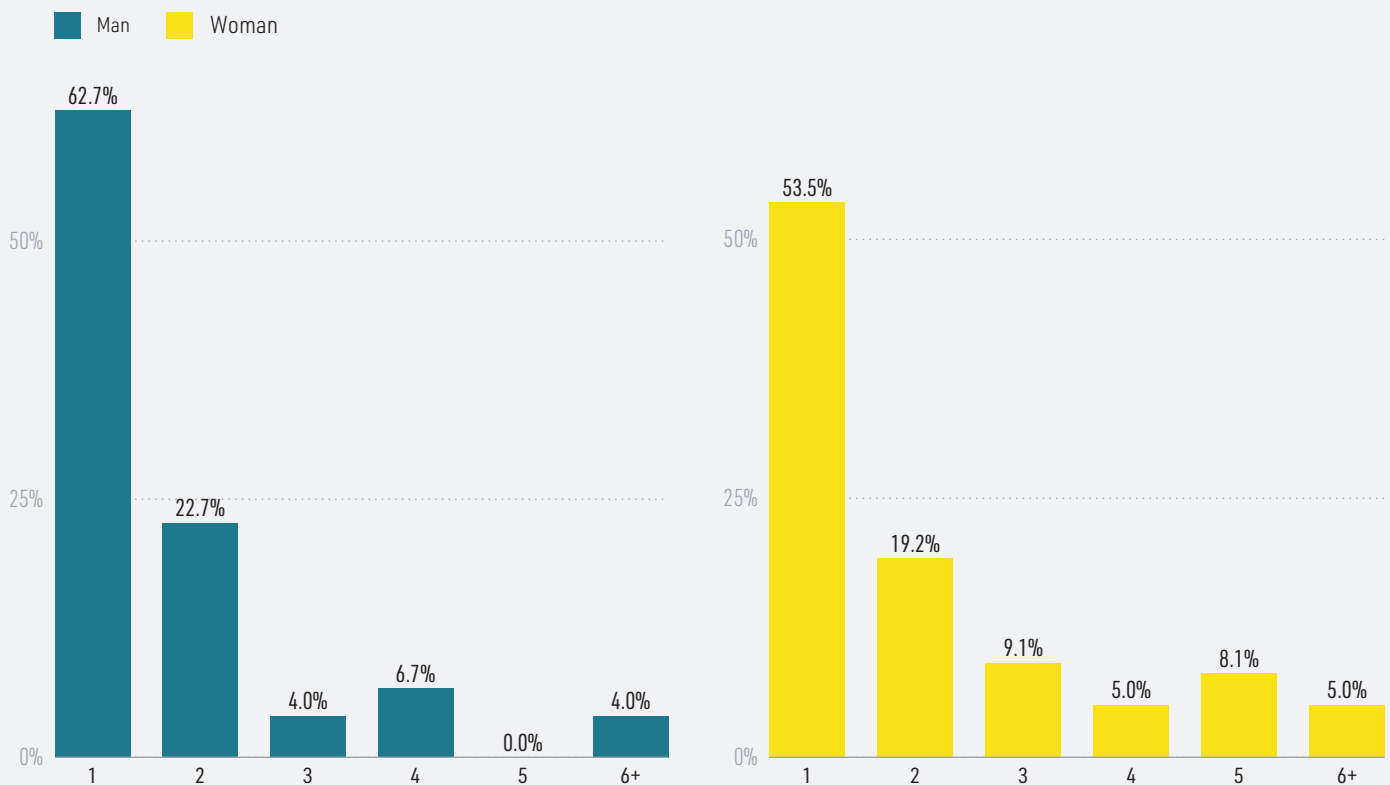
**Fig. 40: Do you personally know anyone who has been sexually assaulted by a member of the BJJ community?**

Respondent is excluded.



**Fig. 41: How many people do you know who have been sexually assaulted by a member of the BJJ community?**

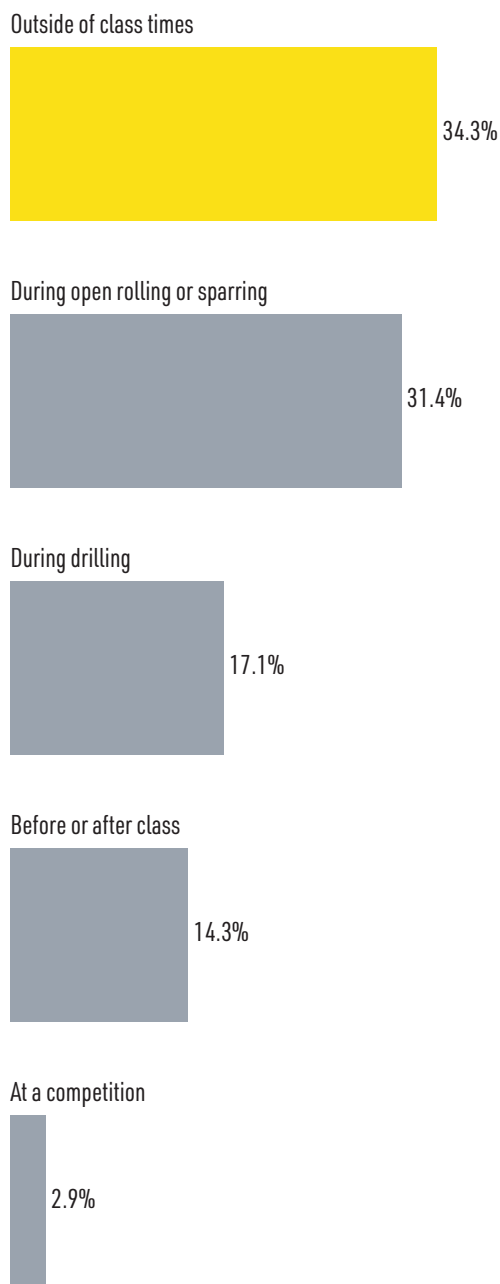
People who do not know anyone who has been sexually assaulted by a member of the BJJ community are excluded.



# When and where?

Unlike sexual harassment, sexual assault occurred mostly outside of class times. Despite the fact that a majority of reports were taken “very seriously” or “somewhat seriously,” nearly half of the people who told their coach, assistant coach, or gym owner were not at all satisfied with the resolution.

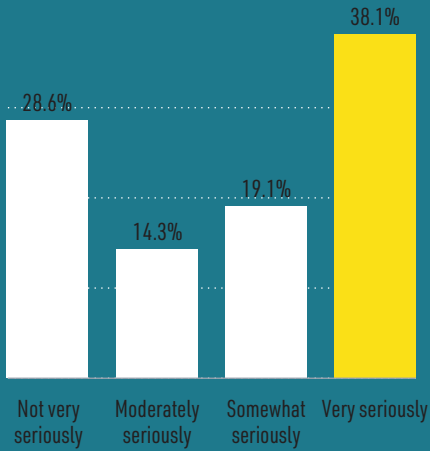
Fig. 42: *Where did the sexual assault happen?*  
Respondents could select one answer.





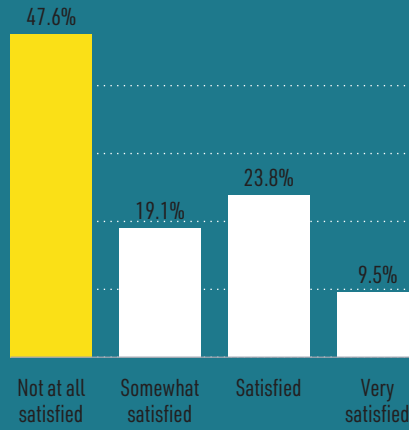
**Fig. 43: How seriously was your report taken?**

Only responses from individuals who told a coach, assistant coach, or gym owner.



**Fig. 44: How satisfied were you with the resolution?**

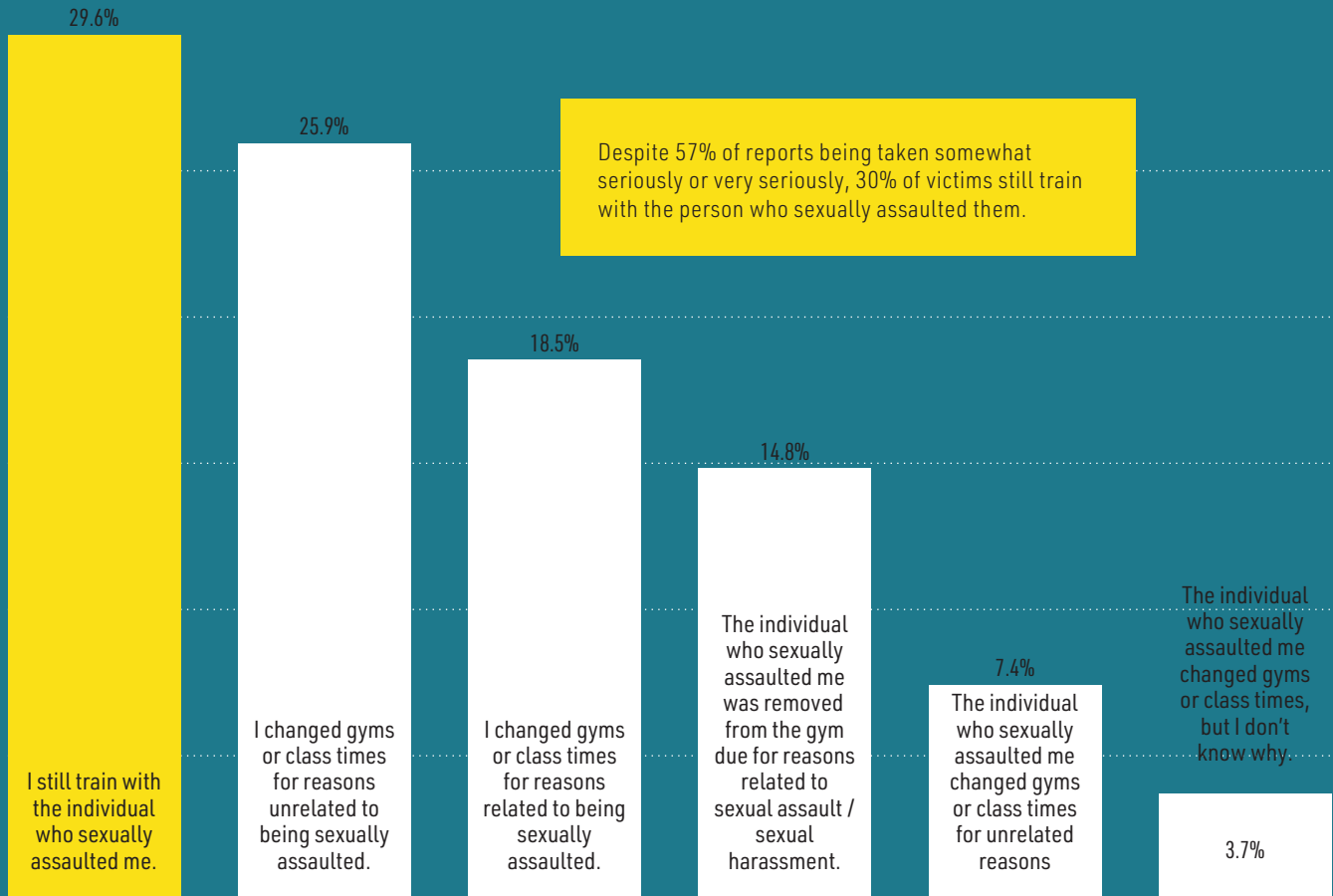
Only responses from individuals who told a coach, assistant coach, or gym owner.



**48%**  
of respondents  
were not at all  
satisfied with  
the resolution

**Fig. 45: Do you still train together?**

In instances of multiple answers, the respondent was instructed to choose which happened first.



Despite 57% of reports being taken somewhat seriously or very seriously, 30% of victims still train with the person who sexually assaulted them.



## Part II – Tales of Sexual Harassment & Assault

The following section includes descriptions of sexual harassment. If this is not something you wish to read, please skip to section 3 on page 39.

# What have people experienced?

**B**elow are 30 responses to the sexual harassment “What happened” question. Rather than curate a list, I selected 30 consecutive responses to the question excluding responses that I felt would make the victim identifiable. Edits were made for anonymity and clarity.

It is also worth noting that nearly every response listed here is not unique. Multiple people reported being bit, kissed and stalked.

- He was showing me different submissions and trying to emphasize how tight/close he needed to be to complete the submission. He set up an arm bar and began to rub his genitals on me and asked “can you feel my [genitals] on your arm?” He continued to grind himself into me, even after I tapped, and hyper-extended my elbow. I did not verbalize my discomfort out of both fear and (naive) concerns with being a lower rank. After class, he followed me out of the showers (they are located near the mats for both men and women) and then proceeded to hover over me until I left the gym. He did not speak to me, only stared at me and smiled while he followed me around the gym.
- I’ve had multiple black belts ask me to have threesomes with them and other male teammates. I’ve had suggestive comments during rolling. Unwanted massages during open mat. An unwanted kiss on the cheek during rolling while the guy was in mount. Online messages asking for sexual favors.
- Someone was sending me creepy messages on [a BJJ forum]. They claimed to be a woman, but I’m 99.9% sure they were male.
- One of the coaches walking into the women’s changing room on multiple occasions without knocking or announcing presence.
- Sexual comments based on position (i.e. me in mount, him underneath making comments like “rode me” and “aye mammi.”)
- Perverted remarks were made but masked as “joking.”
- He would text and call through social media trying to hook up. During the rolls he would be saying things in my ear and tickling me instead of sparring. I had to stop rolling with him ‘cause it was very uncomfortable.
- Comments about my body while touching me during drills, also making comments about the sexual nature of positions and drills.
- The person started telling me he was essentially stalking me then told me he wanted to have sex with me.

“One of the coaches walking into the women’s changing room on multiple occasions without knocking or announcing presence.”

**Respondent ID #231169348**

“During the rolls he would be saying things in my ear and tickling me instead of sparring. I had to stop rolling with him ‘cause it was very uncomfortable.”

**Respondent ID #231172572**

- Off the mats: inappropriate jokes about my breast size. During sparring: groping, opening my gi (summer training) to stare at my sports bra.
- Criminal invasion of privacy.
- Inappropriate comments about my body.
- Pestering, requests for sexual favors and being met with anger if I didn't go along.
- He repeatedly makes creepy comments that I try and ignore, and he once went out of his way to walk by and squeeze my arm and put his hand on my back as I was drilling with someone else.
- I would rather not go into details but he preys on new white belt women, acts like a buddy to the new person and sexualizes conversations and rolling. I've seen and heard about this happening (and more) to other new women.
- He would get very aggressive during drilling or rolling and text message me sexual texts after. During drilling he would make lewd comments and talk about how he loved my "body type." It was a small program and not many people to train with. And I was young and new to the sport so I just ignored it. Eventually, after I turned him down a few times, he ended up [severely injuring me] despite my tapping multiple times.
- Sexual comments.
- He kept asking me to visit him [outside of the gym] and he kept asking me why I was rejecting his invitation. He would frequently like my photos on Instagram or leave comments. He is a married man.
- One repeatedly intentionally grabbed my ass during drilling. Another intentionally grabbed/squeezed my breast during rolling.
- There's a lot to the story but the most blatant example would be this teammate being in my guard and starting to hump on me like we were having sex.
- I have been grabbed on the genitals, had things said to me, had my breasts groped, and more by different members, both coaches and athletes while I was a coach and even a brown belt
- He kept telling me how he wanted to have sex with me.
- He constantly groped me ... he would rub himself on me...basically make me feel like if I didn't just cooperate our training would end ... then constant texts about how he liked touching me, etc, etc.
- After showing technique, we sparred – and he bit my butt.
- Several comments were made, e.g. "I usually only let me girlfriend do that," when I had him in mount. Or, "My wife is really afraid I'm gonna have an affair with a woman from the gym," when I am the only woman in our gym.
- Pinned in bottom position with caressing that was inappropriate.
- First time was someone who practiced BJJ in another city said he'd get a boner rolling with me.
- He invited me over for "private lessons," made sexual advances over text message, would make me roll with him at practice even when I said I wasn't rolling because I was injured.
- He sent me pictures of his penis and made comments that made me feel like my only purpose at the gym was to be good looking for all the guys there.
- He touched my ass.

# Why did you not speak up?

**B**elow are 30 responses to the sexual harassment “If you didn’t tell anyone, why?” question. As before, I’ve selected 30 consecutive responses excluding only responses that I felt would make the victim identifiable. Edits were made for anonymity and clarity.

Common themes are fear of “causing drama,” fear of not being believed, and feeling like the harassment was too minor to report. The 11 responses to the sexual assault version of this question mirror these reasons, but additionally two people described thinking that the sexual assault was simply an accident the first time.

- Didn't think it was egregious enough to pursue, although I avoided working with him again.
- My head coach is my significant other. I chose to tell him, however, I did not want it being brought up since the harassment was done by the coach my coach is under.
- I was visiting another school, and while the comments he made were inappropriate, I didn't feel in danger from him. And it was definitely not worth bringing up to a school I was visiting once and would never go back to.
- I would [not] have known who to tell. He was not affiliated with my school.
- It was so ingrained in the culture of my previous gym for women to accept the situation and push past it. Plus, we did not have the support from instructors that I have at my current gym to call out inappropriate behavior and know that we as women would be believed and that actions would be taken to remove the transgressor.
- I did tell some teammates but they did not believe me and instead believed my instructor when he bragged that we slept together and said that I was just bitter.
- I almost chose not to say anything because everybody loved this coach and I didn't know if they would believe me or if I would then be shunned but I made my report to the owner anonymously because I was still afraid of backlash.
- Told the gym owner to let him know what had happened. He handled it without involving anyone who didn't need to be involved.
- Because he is married and I am in a relationship. He's also close friends with my professor. After



“I was new to the sport and I did not want to cause any problems at the gym. He was also a higher rank and I assumed that that would make him automatically supported by the gym/community since I was not yet familiar with my gym’s safety standards or culture.”

**Respondent ID #231166939**

“We did not have the support from instructors that I have at my current gym to call out inappropriate behavior and know that we as women would be believed and that actions would be taken to remove the transgressor.”

**Respondent ID #231154681**

telling him to stop he did and I left it at that.

- In my experience at the gym I was at, no one would care or they would take his side.
- Because he is a master manipulator to put it lightly. He has numerous reports most of his is physical abuse though and mental and verbal abuse to people. It's very long story but am very open and others would be open to tell it. Just to help people.
- I was new to the sport (probably around 1-2 months) and I did not want to cause any problems at the gym. He was also a higher rank (purple) and I assumed that that would make him automatically supported by the gym/community since I was not yet familiar with my gym's safety standards or culture.
- Didn't want an uncomfortable situation in the gym
- Didn't want drama
- I just avoided rolling with the guy and ignored his texts and calls. He eventually stopped. It was a lot more verbal than physical but it felt uncomfortable to roll with him 'cause he would be saying things to me during the roll.
- It didn't seem significant enough at the time.
- It's a boys club and I didn't want it to get worse.
- I don't wanna rock the boat so I only spoke about it with a couple friends and they help run interference.
- I was new to the gym and didn't want to be seen as someone who fostered any kind of drama.
- I didn't want to draw attention to it, and I didn't think he wouldn't be leaving the gym anytime soon.
- I didn't want to cause problems at the gym.
- Embarrassment.
- I'm married, I didn't want to cause issues in my marriage or have my husband make me stop doing BJJ.
- Initially thought was misunderstanding, later didn't want to have retribution/judgment from others at gym.
- Didn't think they would believe it.
- There's no point, you just get called names or people doubt your story.
- When it happened I didn't say anything, told my coach a year later.
- Didn't tell anyone important because it was minor though inappropriate.
- Not being taken seriously/perceived as starting drama.
- I did not want to be ostracized or kicked out of my school.

# What would you do differently if something like this were to happen again?

**B**elow are 30 responses to the sexual harassment “What would you do differently if something like this were to happen again?” question. As before, I’ve selected 30 consecutive responses excluding only responses that I felt would make the victim identifiable. Edits were made for anonymity and clarity.

Some common themes appeared in the responses are:

**Tell my coach.** This was probably the most common answer and many people praised their current coaches for addressing the situation, or being approachable.

**Address the harassment immediately.** Many people said they would firmly tell the harasser to stop, or loudly call attention to it when it happens.

**Violence.** A surprisingly high number of responses simply said they would respond with violence. It’s worth noting that although this question was in the sexual harassment section of the survey, many respondents were also assaulted and may have had that experience in mind when advocating violence.

**I don’t know.** Many people were just uncertain. This why having a clear sexual harassment policy is important.

- I would like all gym owners to take women seriously and be very vocal about open door policy around any kind of complaints. Women should be regularly encouraged to speak up. If we don’t know we will be supported at the top levels, we won’t speak up.
- Make a scene. Gross people deserve to be embarrassed by their actions.
- Tell the coach right after it happened and knee the guy in his d\*\*\*.
- I would quit immediately instead of hoping it would stop. I still probably wouldn’t publicly complain because the last time I did no one believed me.
- I would call him out on the spot in the middle of the roll in front of everyone.
- I think I would politely try to defuse the situation and if that doesn’t work, I would cause a scene right then and there to make everyone aware of the situation. I do not want to sit idly by and give someone the opportunity to harass anyone in our gym. If I say no to the individual and it is ignored, I will get loud and make sure everyone hears me say no.

**“Tell someone sooner and leave sooner. My silence allowed it to happen again to another student.”**

**Respondent ID #231314118**

“I have defended other women when I see that bullshit behaviour, but I’ve brushed it off when it happened to myself, which is really backwards. I wish that the 99% of the guys who do not act like that would at least say something too though when that stupid talk happened to me.”

**Respondent ID #231451727**

- Nothing.
- Report it to the organizer of the training camp as I know they would take it seriously. Tell more people around me, especially women, so that they can be safer.
- I would switch gyms if it was a coach again. If it was a student I would to my coach about it. I train at a more professional gym with a better culture of martial arts so I don't expect that type of behavior to be encouraged or tolerated.
- Report again.
- I'd probably tell them off and shame them since I'm now an established gym [member]. Would still go to my coach. For the record, I'm OK with people getting together outside of the mats, but you don't fucking pursue new women who just joined, and you don't trick them into giving their number.
- I'm not really sure.
- Insist he be removed from the gym at the moment instead of after the fact.
- In my new gym, the gym membership is a very different atmosphere. I've already told my new gym owner about this situation as my harasser mentioned coming to my new gym ... He's already said he's not welcome, even as a black belt. If a new situation came along I'd feel no hesitation to tell my gym owner/coach and know he'd rectify it.
- Now that I am not a white belt and I know the coaches better, I would report.
- I wasn't able to actively tell this person off at the time. Like many people, I had a "deer in headlights" freezing reaction. I would try to say something immediately if it happened again.
- I would report it.
- If this were to happen again, I would immediately end the roll and report him to the coach and gym owner. Once I became more familiar with my gym, it became clear that they have a zero tolerance policy for sexual harassment. It would have been helpful to know during orientation or sometime during the early days of training that this is the case.
- Report it to the head coach and leave if they did not intervene.
- Nothing. I spoke up to the manager of the gym and they addressed the individual and renovated the women's changing room to make it harder for men to access.
- Nothing. I reported right away and it was addressed the next day
- I train under coaches who take this topic serious. I feel comfortable talking to them about it if it happened again.
- I'm not sure.
- I would report to coach.
- Call him out and report him to the community
- I don't know.
- I would not hang out with the guy outside of the gym. I would call him out on the sexual comments, telling him they're inappropriate and make me uncomfortable. Then would refuse to speak to him if he didn't stop. And I would tell coach ASAP.
- I did everything I could and I was lucky because I knew the coaches well at the time and they listened to me because of that. I'm at a new gym now and don't have those strong relationships with my instructors anymore. I don't know what I would do.
- I don't even know.
- Choke his ass.





## Part III – But What Can I Do?

“If more coaches had serious talks like this with all their female students, I think more would be willing to be vocal.”

*RESPONDENT ID #231153967*

# “Men AND women need to work together.”

I have experienced myself and heard from others as well that it is not only (mostly) men who try to sexual harass or assault but also certain ladies [who] encourage them to do so or bully others over them. I think it is important that all genders have a clear idea about what is harassment and sexual assault and would take complaints seriously — get to the bottom of it — and act accordingly. Unfortunately, the culprits are usually gym owners / black belts so they are the highest authority.”

**Respondent ID #9078632**

# Does the BJJ community have a problem?

## **The community is not homogeneous.**

Your gym and your experiences might not align with what you have read here. However, it is clear that women, lower belts, and those in lower positions of authority are disproportionately affected by sexual harassment and assault. Incidents are not often reported outside close friendships, and women are more informed. However multiple people have pointed to a community-wide problem in the past. A simple Google search of “BJJ sexual assault” yields far more articles suggesting a systemic cultural problem than writeups of isolated “bad apple” style incidents. Remember, just because you’ve never seen it doesn’t mean it’s not happening.

## **BJJ is a close contact sport.**

We all know that the nature of the sport of BJJ means that there are a lot of opportunities for people who are ignorant or unaware to violate basic codes of conduct. BJJ also fosters and encourages power hierarchies because of the belt system. Because women are a tiny minority, it can be harder for women to forge community and address their concerns with each other and the larger group. BJJ being a contact sport also means that it fosters a culture of toughness, which can sometimes translate into a culture of silence and gaslighting (“it was nothing!”). Compared to men, there are few women in leadership or coaching roles at gyms. Because of these inherent environmental conditions, the BJJ community needs to be proactive in combating these tendencies. It’s like starting a fire with dry wood or wet wood. The BJJ community is lighting fires in dry wood and has a responsibility to monitor and extinguish them.

## **Not in my gym**

Concerned that your gym might have some rotten apples flying under the radar? Gym owners can conduct their own (anonymous) survey. An annual membership survey is already a common method of getting instructor feedback and making scheduling adjustments. Consider including a question that asks if any current member or staff member has been acting inappropriately.

## Beyond spreading awareness

It has been three years since the #MeToo movement sparked a nationwide discussion on sexual harassment and sexual assault. In 2017 *JiuJitsu Times* conducted their own survey with results very similar to what's reported here. In their survey, while 36% of female respondents said they'd been sexually harassed or assaulted in a BJJ-related environment, only 2% of male respondents reported it. Meanwhile, 13% of total respondents to the *JiuJitsu Times* survey had personally witnessed harassment or assault happen to someone else, and 42% had heard or read about it happening to someone. These results combined with our survey strongly suggest that there is a widespread and systemic issue of sexual harassment and assault in the BJJ community.

We can no longer feign ignorance or pretend that harassment is insignificant. Saying “there's nothing we can do,” or failing to respond at all is not an appropriate option. Instead, we need to build ways to change the culture of silence. Currently, we have very limited avenues of safe reporting, accountability or recourse when an incident happens.

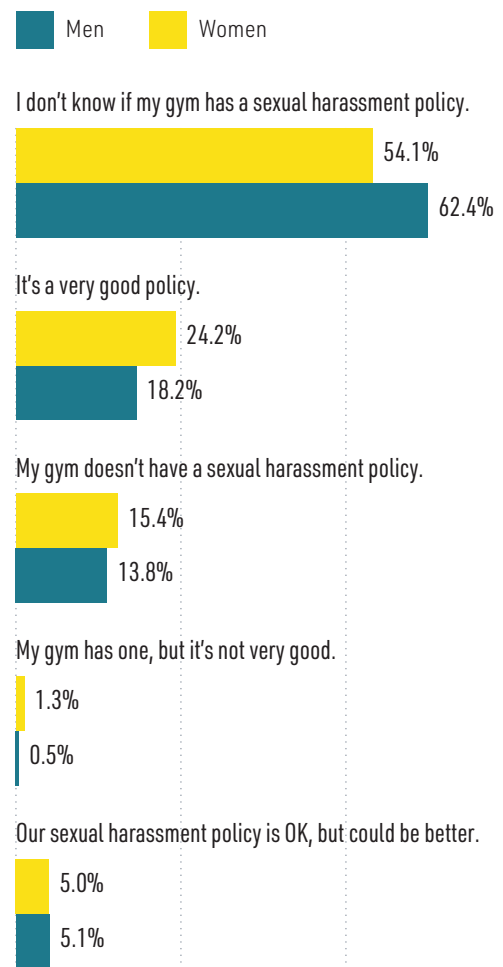
It is simply inaccurate and unfair to the women in this sport to say, “this is a people problem, not a BJJ problem, and there is nothing we can do.” We all want to grow the sport. One way to do that is to encourage women to join and maintain high female retention rates. We can make a difference in improving the internal and external image of the community worldwide by taking some essential steps in our lives and at our gyms.

## What can you do?

### Monitor and reach out to the new people.

A very clear trend in the data is that new women and white belts are far more likely to be sexually harassed and sexually assaulted. One respondent wrote: “I didn't know what to do as there were no women in my club at the time and I felt like I had no one to turn for advice to...” Whether you are male or female, you can reach out to new members—both male and female—and

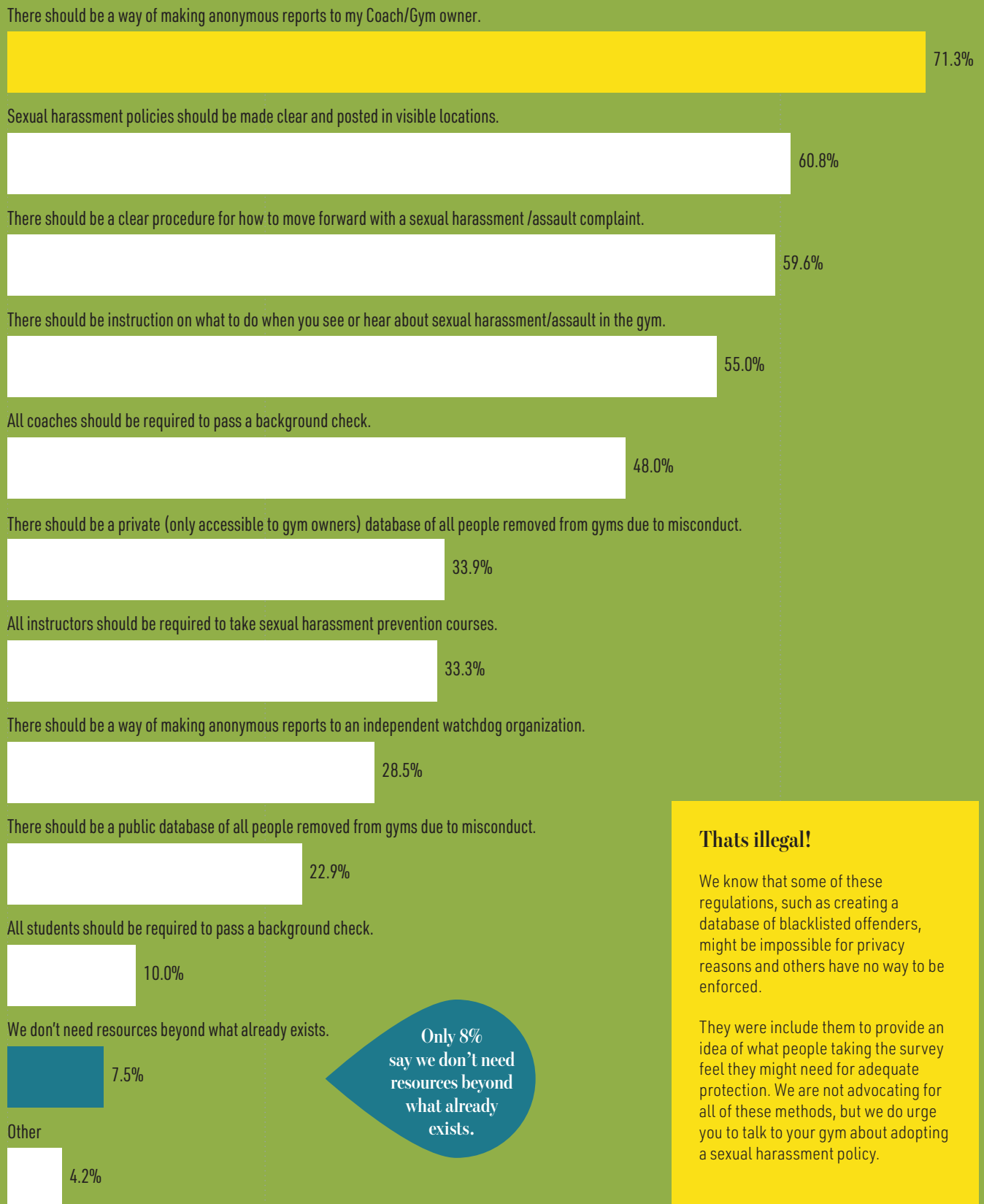
Fig. 46: What do you think of the sexual harassment policy at your current gym?



# 74%

of respondents don't know about their gym's sexual harassment policy or it doesn't have one.

**Fig. 47: What resources would you like to have within the BJJ community to handle sexual harassment and sexual assault?**

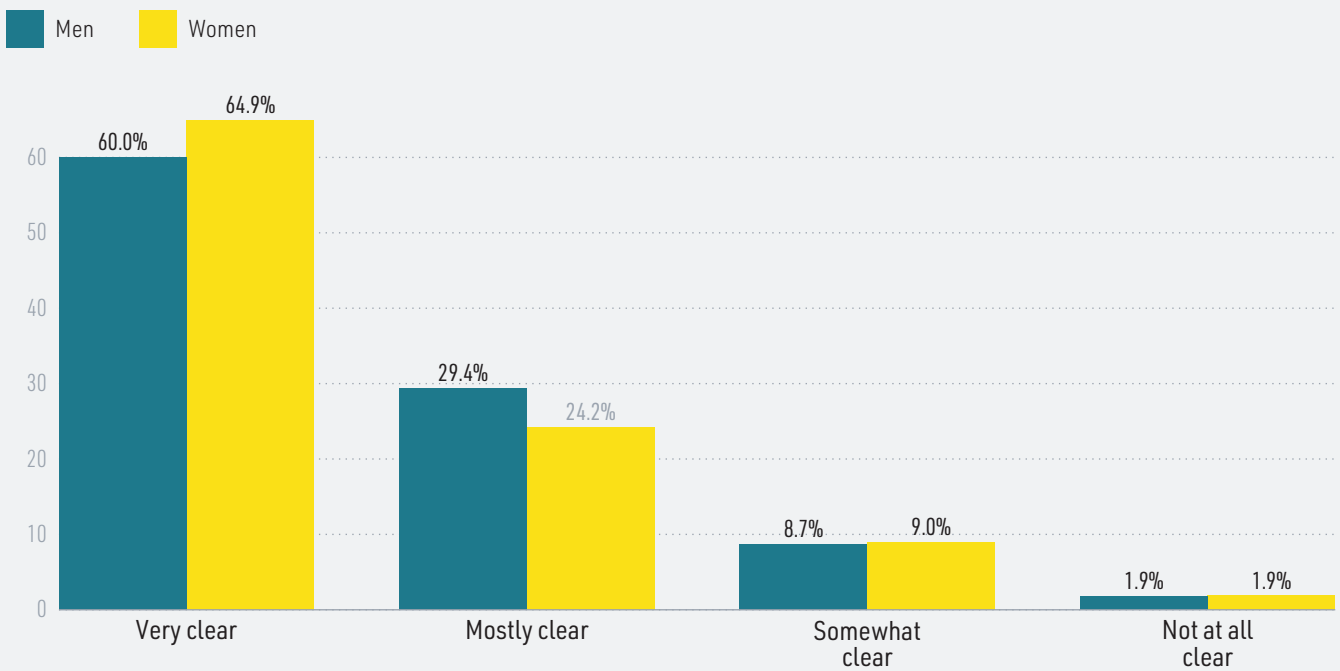


**That's illegal!**

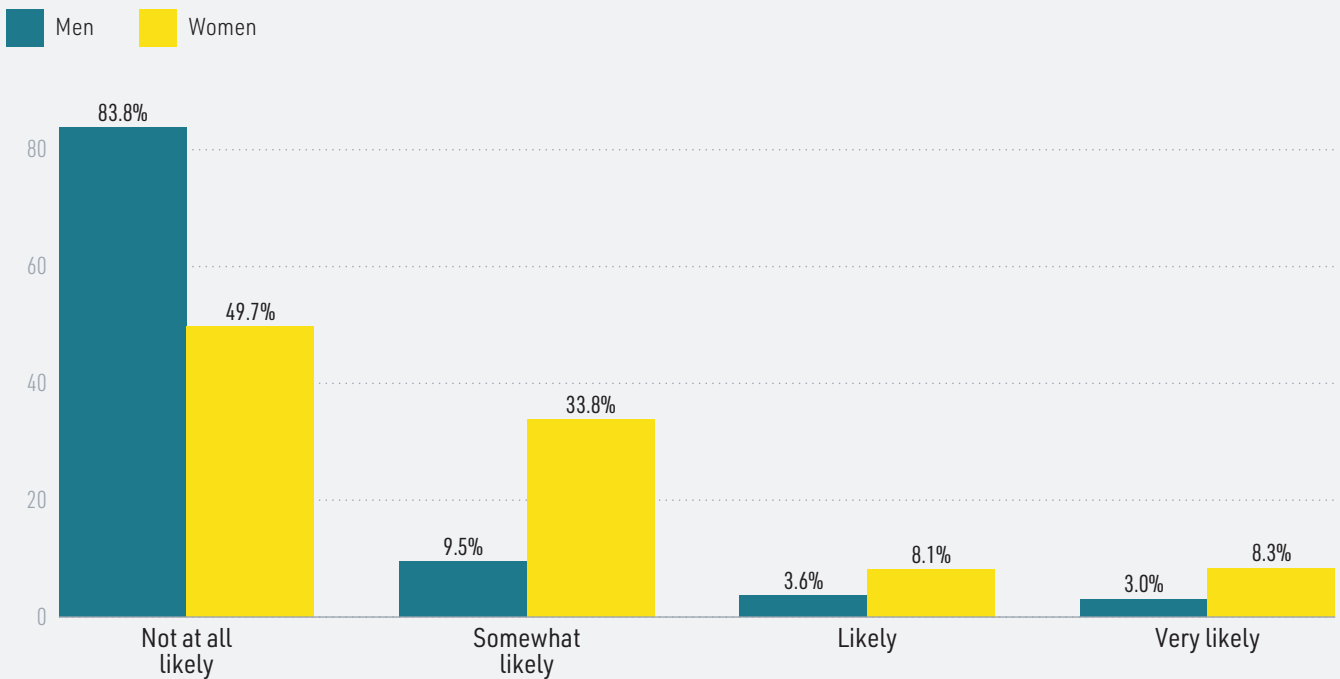
We know that some of these regulations, such as creating a database of blacklisted offenders, might be impossible for privacy reasons and others have no way to be enforced.

They were include them to provide an idea of what people taking the survey feel they might need for adequate protection. We are not advocating for all of these methods, but we do urge you to talk to your gym about adopting a sexual harassment policy.

**Fig. 48: How clear is the difference between normal grappling/accidents, and inappropriate actions to you?**



**Fig. 49: How likely do you think it is that a sexual assault or sexual harassment by a member of the BJJ community will happen to you in the future?**



make sure they feel comfortable and know proper gym etiquette. This is **extra critical** for coaches, as people often cited a good relationship with their coach as an factor in reporting harassment and abuse. People also said they stayed silent when they felt that their gym leadership would not be supportive.

New people are also unfamiliar with the gym culture and are much more likely to not report for fear of “rocking the boat” or being seen as someone who starts drama. Make sure all new students know that they can report to you or other gym leadership.

### **Pay attention to social behavior**

If you are a coach, observe or ask your female students who they frequently choose as their training partners. Make a mental list of these “safe partners” and make sure any brand-new women are consistently paired with one of them. Also watch for anyone who is constantly turned down or avoided by women. Find out why. If you are a male student and women frequently pair themselves with you, or say yes to a roll with no hesitation: You are probably on the good list. If you notice something that’s just not right, ask someone about it. Don’t ignore it.

### **Ask your gym’s management to establish a sexual harassment policy**

In this survey, 74% of respondents were either unaware of a sexual harassment policy at their gym, or it didn’t have one. Everyone who participates in BJJ understands that it is a close contact sport and accidental contact happens. And 89% of all respondents said that the difference between accidental touching and being groped was very clear or mostly clear. Confidence in detecting misconduct increased with belt rank. 98% of black belts said the difference was very clear or mostly clear.

A basic sexual harassment policy will include training the coaches, establish a channel for reporting, and clear guidelines for consequences when violations occur.

Currently, BJJ does not have a national or international governing body. (The IBJJF only runs tournaments and does not have any teeth in enforcing rules). This means that when violations occur, it will be hard to hold people accountable on a broad scale. However, we can start at the local level and gyms can

*“The Professor looked me in the eye and told me that I NEED to tell him anytime I feel that way. I told him, ‘I’m worried about stirring the pot, and I am sure I’m overreacting’ to which he said, ‘No, some guys have a huge chip on their shoulder and they need to be put in their place. That’s not your job, that’s mine.’ ... If more coaches had serious talks like this with all their female students I think more would be willing to be vocal. It also comes down to, the coaches have to ACTUALLY have consequences for things like that.”*

**Respondent #231153967**

enforce proper justice and accountability for people who violate the policy.

One potential model is [SafeSport](#), used by the Olympic sport community. SafeSport is an outside group that provides training to coaches, and channels of reporting to athletes. [SafeGuard](#) and [Roll The Same](#) are two other organizations currently working to establish a system of training and policies for inclusive and safe BJJ gyms.

### **Always have an observer.**

During open rolling periods there should always be at least one coach or assistant whose job is to monitor the room. Large classes should have multiple coaches or assistants, to make sure that all of the students can be supervised when the head coach is focused on a specific question.

If possible, install cameras. Cameras can reduce the chance of negative behavior, provide evidence, and protect owners from liability.

It's important to note that none of these tactics will deter bad behavior if actions have no consequences. That's why it's important to have a sexual harassment policy that includes clear consequences for violations.

### **Have a plan.**

BJJ has its origins in self-defense. Many gyms have an entire curriculum focused on how to defend yourself from being punched, kicked and grabbed. Actions are to be rehearsed until you can do them without thinking, so if you are in a real self-defense situation you don't freeze or panic. We do this despite the low likelihood of actually needing BJJ for genuine self-defense. In the same way you have physically worked through a hypothetical self-defense situation, you should mentally rehearse what you would do if you witness sexual harassment or sexual assault. Take a second and think about what you would say or do if you heard a teammate say something completely inappropriate to another teammate.

Want more information? Check out SafeGuard's guidelines on [How to Support Survivors](#) and [Warning Signs and Red Flags](#) for more guidance.

## **What goes into a good sexual harassment policy**

When putting together a sexual harassment policy consider the following:

**Be clear.** Your policy should outline unacceptable behaviors, how to report them, and what the consequences are.

**Be visible.** Your policy should be posted in a visible space, such as a locker room wall, not tucked away in a waiver.

**Be proactive.** Don't wait for complaints to come in before deciding what your procedure is.

**Be representative of all genders.** Your harassment policy should cover all genders, and should not be written specifically for women

**Consider all roles and ages.** What will you do if an instructor is accused of sexual harassment? What will you do if a long-time member is accused of sexual harassment? Does your policy change if a child is being harassed?

**Lead by example.** Show that you are serious about your policy by being mindful of your own words and actions.

**Let people know when it works.** If you are prepared to expel a student for misconduct, be prepared to tell other people why. Abuse goes unreported when people feel that reporting is useless.

**Have options for anonymity.** 71% of people responded that they would like a way of reporting anonymously. Know what your procedure will be when you receive anonymous accusations and make that procedure known.

**Have multiple contact options.** What happens when the abuser is also the only reporting avenue? Designate multiple people as contacts. Make sure they're not all best friends.



“Franchise organizations with affiliate gyms need to take the actions of those affiliate gyms very seriously. They need to take punitive action against offenders rather than covering it up.”

**Respondent ID #234280182**

04

# Part IV – Appendix

# Figure Data

**Fig. 1: Age of respondents**

Respondent's age	Non-binary	Man	Woman
18	0	127	41
19	0	12	1
20	0	17	5
21	0	29	7
22	0	33	14
23	2	44	11
24	0	48	17
25	1	48	14
26	0	40	23
27	0	56	28
28	0	45	16
29	0	52	27
30	0	56	30
31	1	52	19
32	0	54	21
33	1	43	18
34	0	45	21
35	0	33	27
36	0	33	10
37	1	35	14
38	0	30	15

Respondent's age	Non-binary	Man	Woman
39	1	31	13
40	0	28	15
41	0	16	12
42	0	10	12
43	0	5	9
44	0	10	7
45	0	12	4
46	0	5	5
47	0	4	4
48	0	9	3
49	0	3	1
50	0	4	6
51	0	1	2
52	0	1	0
53	0	2	1
54	0	2	2
55	0	1	2
57	0	3	0
58	0	0	1
59	0	1	0
67	0	0	1

**Fig. 2: What year did you start BJJ?**

Year started	Non-binary	Man	Woman
1995	0	2	0
1996	0	2	0
1997	0	1	0
1998	0	1	0
1999	1	1	0
2000	0	2	1
2001	0	3	0
2002	0	1	0
2003	0	2	1
2004	0	12	2
2005	0	10	2
2006	0	24	2
2007	0	16	1

Year started	Non-binary	Man	Woman
2008	0	26	8
2009	0	23	9
2010	0	44	11
2011	0	20	14
2012	0	39	24
2013	0	54	27
2014	1	51	34
2015	2	66	50
2016	2	93	49
2017	1	143	75
2018	0	166	83
2019	0	252	78
2020	0	26	8

**Fig. 3: Respondent's country**

Country	Number of responses
United States of America	1066
Canada	121
United Kingdom	90
Australia	69
Germany	47
Ireland	22
Netherlands	16
Sweden	15
Norway	11
Finland	9
Japan	8
Brazil	8
France	7
New Zealand	6
Denmark	6
Belgium	6
Spain	5
Swiss Confederation	4
Singapore	4
Republic of South Africa	4
Portugal	4
Austria	3
United Arab Emirates	2
Serbia	2
Peru	2
Mexico	2

Country	Number of responses
Iceland	2
Argentina	2
Vietnam	1
Turkey	1
Thailand	1
Russian Federation	1
Romania	1
Republic of Korea	1
Puerto Rico	1
Poland	1
Lithuania	1
Israel	1
Isle of Man	1
Hungary	1
Fiji	1
Estonia	1
El Salvador	1
Egypt	1
Czech Republic	1
Cyprus	1
Croatia	1
Colombia	1
Cambodia	1
Bulgaria	1
Bahrain	1

**Fig. 4: Respondent's state**

State	Number of responses	State	Number of responses
California	155	Connecticut	13
New York	77	Minnesota	12
Texas	69	District Of Columbia	11
New Jersey	61	Louisiana	9
Florida	52	Utah	8
Washington	43	Nevada	8
Pennsylvania	38	Iowa	8
Illinois	38	Arkansas	8
Ohio	37	Kansas	7
Georgia	37	Maine	6
Colorado	37	Rhode Island	5
North Carolina	35	Alabama	5
Massachusetts	30	Nebraska	4
Virginia	28	Montana	4
Michigan	28	Delaware	4
Arizona	27	Vermont	3
Oregon	19	New Hampshire	3
Missouri	19	West Virginia	2
Maryland	19	North Dakota	2
Oklahoma	18	Idaho	2
Wisconsin	15	Hawaii	2
Indiana	15	Alaska	2
Tennessee	13	South Dakota	1
South Carolina	13	New Mexico	1
Kentucky	13		

**Fig. 5: Respondent's gender identity**

Gender	Number of responses
Man	1080
Woman	479
Non-binary	7

**Fig. 6: Respondent's role in BJJ**

Role	Non-binary	Man	Woman
Athlete	6	1046	467
Assistant coach	0	94	38
Coach	1	73	34
Club or gym owner	0	18	12
Other	1	3	11

**Fig. 7: Respondent's rank in BJJ**

Rank	Non-binary	Man	Woman
White belt	0	429	179
Blue belt	4	328	181
Purple belt	2	175	86
Brown belt	1	84	20
Black belt	0	47	10
My gym does not have ranks.	0	17	3

**Fig. 8: Have you ever been sexually harassed by a member of the BJJ community?**

Gender	Yes	No
Non-binary	2	5
Men	10	1070
Women	123	356

**Fig. 9: How many members of the BJJ community have sexually harassed you?**

How many members of the BJJ community have sexually harassed you?	Number of responses
1 person	65
2 people	33
3 people	15
4 people	8
5 people	6
6 people	1
10 or more people	8

**Fig. 10: Have you ever been sexually harassed by a member of the BJJ community?**

Gender	Yes	No
Non-binary	2	5
Men	10	1070
Women	123	356

**Fig. 11: State of respondents who have been sexually harassed.**

State	Yes	State	Yes
California	11	Connecticut	3
North Carolina	8	Rhode Island	2
Illinois	7	Missouri	2
Washington	5	Kentucky	2
Texas	5	Iowa	2
New York	5	Utah	1
Michigan	5	South Carolina	1
Georgia	5	Oklahoma	1
Pennsylvania	4	Nevada	1
Ohio	4	Maryland	1
District Of Columbia	4	Maine	1
Colorado	4	Indiana	1
Virginia	3	Florida	1
Oregon	3	Delaware	1
New Jersey	3	Arkansas	1
Massachusetts	3	Arizona	1

**Fig. 12: How long ago did the most recent sexual harassment incident occur?**

How long ago did the most recent sexual harassment occur?	Number of responses
Within the last year.	53
1-2 years ago.	42
3-4 years ago.	26
5+ years ago.	15

**Fig. 13: Respondent’s role at the time of the most recent sexual harassment.**

Role	Number of responses
Athlete	126
Assistant coach	5
Coach	5
Club or gym owner	3
Other	2



**Fig. 14: Respondent's rank at the time of the most recent sexual harassment.**

Role	Number of responses
White belt	95
Blue belt	31
Purple belt	5
Brown belt	1
Black belt	1
I don't remember.	2
My gym does not have ranks.	1

**Fig. 15: Comparison of roles at the time of the sexual harassment.**

Role of harasser	Number of responses
Authority	58
Equal	70
Subordinate	7

**Fig. 16: Comparison of ranks at the time of the sexual harassment.**

Rank of harasser	Number of responses
Higher rank	84
Same rank	34
Lower rank	8
I don't know the rank of my harasser	10

**Fig. 17: Gender of harasser**

Gender of harasser	Number of responses
Non-binary	1
Men	127
Women	8

**Fig. 18: Role of harasser at the time of the sexual harassment.**

Role	Number of responses
Athlete	101
Assistant coach	16
Coach	35
Club or gym owner	17
Guest Instructor	7
Other	1

**Fig. 19: Rank of harasser at the time of the sexual harassment.**

Rank	Number of responses
White belt	30
Blue belt	33
Purple belt	19
Brown belt	15
Black belt	29
I don't know/I don't remember.	10

**Fig. 20: Who did you tell about the sexual harassment?**

Person told	Number of responses
Close friend	50
My coach	42
My teammates / Other gym members	35
I did not tell anyone.	28
My partner / Significant other	28
The gym owner	25
An assistant coach	9
Other	7
My parents	5
I posted anonymously online.	5
Legal authorities	4

**Fig. 21: Do you personally know anyone who has been sexually harassed by another member of the BJJ community?**

Response	Non-binary	Man	Woman
Yes	2	184	207
No	5	869	272

**Fig. 22: Do you personally know anyone who has been sexually harassed by another member of the BJJ community?**

Number of other people known who have been sexually harassed	Non-binary	Man	Woman
1 person	0	84	66
2 people	1	46	38
3 people	0	26	41
4 people	0	15	14
5 people	1	5	17
More than 5 people	0	9	31

**Fig. 23: Where did the sexual harassment happen?**

Location of the sexual harassment	Number of responses
During open rolling or sparring.	56
Before or after class.	42
During drilling.	40
Harassment through text messages or similar.	39
Online / Internet harassment	35
Outside of class times.	29
During warmups.	9
At a competition.	6
Other Option	3

**Fig. 24: How seriously was your report taken? (Only includes respondents who reported to coach, assistant coach, or gym owner).**

How seriously was your report taken?	Number of responses
Not very seriously	14
Somewhat seriously	6
Moderately seriously	11
Very seriously	24

**Fig. 25: How satisfied were you with the resolution? (Only includes respondents who reported to coach, assistant coach, or gym owner).**

How satisfied were you with the resolution?	Number of responses
Not at all satisfied	19
Somewhat satisfied	14
Satisfied	11
Very satisfied	11

**Fig. 26: Do you still train with the person who sexually harassed you?**

Do you still train with the person who sexually harassed you?	Number of responses
I changed gyms or class times for reasons related to being sexually harassed.	24
I changed gyms or class times for reasons unrelated to being sexually harassed.	16
I still train with the individual who sexually harassed me.	28
The individual who sexually harassed me changed gyms or class times for unrelated reasons.	16
The individual who sexually harassed me changed gyms or class times, but I don't know why.	11
The individual who sexually harassed me was removed from the gym due to reasons related to sexual harassment.	13

**Fig. 27: Have you ever been sexually assaulted by a member of the BJJ community?**

Gender	Yes	No
Non-binary	0	4
Man	3	1077
Woman	35	444

**Fig. 28: How many members of the BJJ community have sexually assaulted you?**

How many members of the BJJ community have sexually assaulted you?	Number of responses
1 person	32
2 people	2
3 people	3
4 people	0
5 people	1

**Fig. 29: Have you ever been sexually assaulted by a member of the BJJ community?**

Gender	Yes
Non-binary	0
Man	3
Woman	35

**Fig. 30: Respondent's state**

State	Number of responses
California	4
Washington	2
Texas	2
North Carolina	2
Michigan	2
Colorado	2
Wisconsin	1
Utah	1
South Carolina	1
Pennsylvania	1
Ohio	1
Massachusetts	1
Maryland	1
Kentucky	1
Illinois	1
District Of Columbia	1

**Fig. 31: How long ago did the most recent sexual assault happen?**

How long ago did the most recent sexual harassment occur?	Number of responses
Within the last year.	12
1-2 years ago.	11
3-4 years ago.	11
5+ years ago.	4

**Fig. 32: Respondent's role at the time of the most recent sexual assault.**

Role	Number of responses
Athlete	34
Assistant coach	1
Coach	1
Club or gym owner	1
Other	1

**Fig. 33: Respondent's rank at the time of the most recent sexual assault.**

Role	Number of responses
White belt	22
Blue belt	11
Purple belt	2
Brown belt	0
Black belt	2
I don't remember./My gym doesn't have ranks	1

**Fig. 34: Comparison of roles at the time of the sexual assault.**

Role of assaulter	Number of responses
Authority	15
Equal	20
Subordinate	2

**Fig. 35: Comparison of ranks at the time of the sexual assault.**

Rank of assaulter	Number of responses
Higher rank	23
Same rank	6
Lower rank	6
I don't remember the rank of my assaulter	3

**Fig. 36: Gender of assaulter**

Gender of assaulter	Number of responses
Non-binary	0
Men	34
Women	4

**Fig. 37: Role of assaulter at the time of the sexual assault.**

Role	Number of responses
Athlete / practitioner	23
Assistant coach	1
Coach	14
Club or gym owner	5
Guest instructor	1

**Fig. 38: Rank of assaulter at the time of the sexual assault.**

Rank	Number of responses
White belt	10
Blue belt	6
Purple belt	7
Brown belt	4
Black belt	8
I don't know / I don't remember.	3

**Fig. 39: Who did you tell about the sexual assault?**

Person told	Number of responses
My teammates / Other gym members	17
My coach	16
Close friend	13
The gym owner	10
I did not tell anyone.	8
My partner / Significant other	8
I posted anonymously online.	3
Legal authorities	3
An assistant coach	2
My parents	1
Other	0

**Fig. 40: Do you personally know anyone who has been sexually assaulted by another member of the BJJ community?**

Response	Non-binary	Man	Woman
Yes	1	75	98
No	6	1005	381

**Fig. 41: How many people do you know who have been sexually assaulted by another member of the BJJ community?**

Number of other people known who have been sexually assaulted	Non-binary	Man	Woman
1 person	1	47	53
2 people	0	17	19
3 people	0	3	9
4 people	0	5	5
5 people	0	0	8
More than 5 people	0	3	5

**Fig. 42: Where did the sexual assault happen?**

Location of the sexual harassment	Number of responses
At a competition	1
Before or after class	5
During drilling	6
During open rolling or sparring	11
Outside of class times	12

**Fig. 43: How seriously was your report taken? (Only includes respondents who reported to coach, assistant coach, or gym owner).**

How seriously was your report taken?	Number of responses
Not very seriously	6
Somewhat seriously	4
Moderately seriously	3
Very seriously	8

**Fig. 44: How satisfied were you with the resolution? (Only includes respondents who reported to coach, assistant coach, or gym owner).**

How satisfied were you with the resolution?	Number of responses
Not at all satisfied	10
Somewhat satisfied	4
Satisfied	5
Very satisfied	2

**Fig. 45: Do you still train with the person who sexually assaulted you?**

Do you still train with the person who sexually assaulted you?	Number of responses
I changed gyms or class times for reasons related to being sexually assaulted.	5
I changed gyms or class times for reasons unrelated to being sexually assaulted.	7
I still train with the individual who sexually assaulted me.	8
The individual who sexually assaulted me changed gyms or class times for unrelated reasons	2
The individual who sexually assaulted me changed gyms or class times, but I don't know why.	1
The individual who sexually assaulted me was removed from the gym due for reasons related to sexual assault / sexual harassment.	4

**Fig. 46: What do you think of the sexual harassment policy at your current gym?**

What do you think of the sexual harassment policy at your current gym?	Non-binary	Men	Women
I don't know if my gym has a sexual harassment policy.	4	674	259
It's a very good policy.	2	197	116
My gym doesn't have a sexual harassment policy.	1	149	74
My gym has one, but it's not very good.		5	6
Our sexual harassment policy is OK, but could be better.		55	24

## Methodology

The Misconduct in BJJ survey was conducted by an anonymous member of the BJJ community. The survey was distributed primarily on social media in February 2020. The survey collected 1583 responses from people; 17 responses

were not considered due to blatant trolling or outrageous claims. Additional volunteers from the BJJ community contributed to the writing, layout and editing.



**Fig. 47: What resources would you like to have within the BJJ community to handle sexual harassment and sexual assault?**

Resource	Non-binary	Men	Women
There should be a way of making anonymous reports to my Coach/Gym owner.	3	764	349
Sexual harassment policies should be made clear and posted in visible locations.	2	628	322
There should be a clear procedure for how to move forward with a sexual harassment /assault complaint.	1	624	308
There should be instruction on what to do when you see or hear about sexual harassment/assault in the gym.	2	569	291
All coaches should be required to pass a background check.	1	478	272
There should be a private (only accessible to gym owners) database of all people removed from gyms due to misconduct.	1	324	206
All instructors should be required to take sexual harassment prevention courses.	1	317	204
There should be a way of making anonymous reports to an independent watchdog organization.	1	287	158
There should be a public database of all people removed from gyms due to misconduct.	1	225	132
All students should be required to pass a background check.	0	102	54
We don't need resources beyond what already exists.	2	100	15
Other	0	50	16

**Fig. 48: How clear is the difference between normal grappling/accidents, and inappropriate actions to you?**

How clear is the difference between normal grappling/accidents, and inappropriate actions to you?	Non-binary	Men	Women
Mostly clear	1	318	116
Very clear	5	649	311
Somewhat clear	0	93	43
Not at all clear	1	20	9

**Fig. 49: How likely do you think it is that a sexual assault or sexual harassment by a member of the BJJ community will happen to you in the future?**

How likely do you think it is that a sexual assault or sexual harassment by a member of the BJJ community will happen to you in the future?	Non-binary	Men	Women
Very likely		33	40
Likely	1	39	39
Somewhat likely	1	103	162
Not at all likely	5	905	238

