



TIPS FOR BEGINNERS

Welcome! We know you might have questions when getting started in Brazilian Jiu Jitsu and wanted to share some information that addresses commonly asked questions by new students:

- Shoes are not allowed on the mats, but are always required off the mats. Bring a pair of slides or flip-flops to wear off the mats. Enter the mats in the corner after using the foot washing station.
- Practice good personal hygiene – arrive freshly showered, wear deodorant, and keep fingernails and toenails trimmed and clean.
- For your benefit and that of your classmates, remove all watches, jewelry, piercings, and make-up before class. Secure long hair in a bun.
- Rashguards or athletic shirts are optional under your gi jacket. Women sometimes prefer to wear bike shorts, leggings, or spats under their gi pants.
- No-gi attire includes a rashguard or athletic shirt paired with spats, leggings, shorts, or gi pants. Be sure clothing is free of zippers, snaps, or pockets.
- You may want to wear a mouthguard and/or an athletic cup (for men) while rolling.
- Wash your gi after every class.
Recommended washing instructions: Wash in cold water and air dry. Washing in hot water or using the dryer may shrink your gi.
- Belt rank order is white, blue, purple, brown, and black. Each belt has four stripes to it. Stripe and belt promotions are at the discretion of the black belts. It's not uncommon to stay at one belt level for 1-2 years. Brazilian Jiu Jitsu is considered the toughest martial art in which to earn a black belt – with an average of 10 years.
- You already took the most important step – the first step! Everyone remembers how it feels to be just starting out and is here to help. To improve, just remember to leave your ego at the door, be open to learning, and keep coming to class!

We're excited to have you at Americana!