

Welcome to North Park Jiu Jitsu Academy!

We're excited to have your child on the mats! This guide covers what to expect, how to prepare, and how we can work together to make their experience fun, safe, and rewarding.

WHAT TO EXPECT IN CLASS

Classes begin with warm-ups and games, move into technique practice, and finish with supervised sparring or “rolling” (for older groups).

Kids learn **teamwork, discipline, confidence, and problem-solving** — not just martial arts. It's normal for children to feel a little nervous at first — they'll gain confidence quickly!

At North Park Jiu Jitsu, we focus on **respect, effort, and resilience**. Students are encouraged to support their teammates and celebrate each other's progress.

MAT RULES: RESPECT THE SPACE

- No shoes on the mat
- Always wear shoes or sandals off the mat (especially to the restroom)
- Bow when entering and leaving the mat — it's a sign of respect

SAFETY & HYGIENE

- Trim fingernails and toenails to prevent scratches
- No jewelry or hard hair accessories
- Wash uniforms after every class
- For **no-gi class**, wear a rash guard and shorts

FIRST RULE OF JIU JITSU: BE SAFE

- No punching, scratching, or kicking
- Tap *before* it hurts — tap your partner's body or say “tap, tap, tap”
- Don't tap the mats
- Always listen to the coaches and stop when told

FOR PARENTS

- Encourage your child, but let the coaches do the coaching
 - Arrive on time and pick up promptly
 - Ask about your child's progress anytime
 - We'll share updates on events, promotions, and workshops
 - Stripes and belts are earned through **consistent training, effort, and behavior** — not just skill
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FOR KIDS — IN CLASS, WE:

- ✓ **Listen to the Coaches** - Eyes watching, ears listening.
 - ✓ **Keep Our Hands and Feet to Ourselves** - We use jiu jitsu only during drills — not for play or roughhousing.
 - ✓ **Stay on the Mats** We don't run off or play outside the mat area.
 - ✓ **Try Our Best** Even when something is hard, we keep trying.
 - ✓ **Use Kind Words** We speak nicely to our friends and coaches.
 - ✓ **Respect and Help Our Teammates** We get better together.
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HOW PARENTS CAN HELP

- Remind your child of these rules before and after class
- Allow coaches to handle discipline during class
- Speak to coaches privately if you have concerns — we're here to work together!

HOW WE HANDLE DISRUPTIVE BEHAVIOR

We understand that young children are still learning focus and self-control. Our approach is gentle, consistent, and encouraging.

1. **Gentle Reminder** – The coach calmly reminds the child of the rule.
2. **Short Break** – If behavior continues, the child takes a brief “reset break” on the mat’s edge.
3. **Rejoin the Class** – Once calm, they’re invited back to participate.
4. **Time Out with Parent** – If disruptions persist, the child will sit with their parent for the remainder of class.

Our goal is always to teach **discipline through patience, encouragement, and consistency — not punishment.**

THANK YOU FOR BEING PART OF OUR COMMUNITY!

Together, we’re helping your child build confidence, discipline, and resilience — skills that will serve them both on and off the mats.

We can’t wait to see your child’s growth at **North Park Jiu Jitsu Academy!**