



Brazilian Jiu-Jitsu Etiquette & Equipment

Overall Etiquette

Be kind and remember the golden rule: treat others as you would like to be treated. You're joining a community of people looking to improve their skills, not trying to battle your way to the top.

Hygiene & Health

- Do not come to the gym if you are feeling sick.
- Wash your gear after every session.
- Keep your finger and toe nails trimmed to avoid cutting your partners.
- Come to class clean and shower as soon as possible after training.

Drilling

- The goal of drilling is to practice the movements on a non-resisting partner. Don't resist unless it's specifically part of the drill, but don't go completely limp like a training dummy.
- Split the time equally between yourself and your partner.
- Only give technique suggestions on areas you feel confident about, and refer to the instructor otherwise.

Rolling/Sparring

- You have a right to decline any roll.
- Give your partner a high five and fist bump before starting a roll.
- Thank your partner when the roll is done, no matter how it went.
- The goal of rolling is to learn. Reserve the raw desire to defeat people for competition.
- The worst thing you can do while rolling is injure your partner.
- Let go immediately whenever you notice your partner tap out.
- Certain submissions can go from no pain to serious damage very quickly. Always go slowly to give your partner ample time to tap.
- When rolling against smaller people, avoid using your size or strength to shut them down. Try to move through a variety of positions, both on bottom and top.
- Unintentional contact with sensitive body parts is completely normal, especially in a grappling sport where you and your partner are fighting in close proximity. Never attempt deliberate, non-jiujitsu contact with sensitive areas on your training partner.
- If you feel your training partner is making inappropriate contact with you, report it to your instructor immediately.



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Equipment

Gi/Kimono

We include an ARMA BJJ gi with our membership, but you can also purchase a BJJ gi online from a variety of vendors. Some popular brands include Elite, Sanabul, Fuji, Tatami and Shoyoroll. Check the sizing charts, and note that sizing often varies between brands.

Underclothes

Most people wear tight compression shirts under their gi top, to avoid being bare-chested. You may also find compression pants or sports bras helpful. In general, you can wear anything you want underneath the gi top for comfort, but be mindful that it may be grabbed or pulled, and it can get hot. In competition, men are often not allowed to wear anything under the gi top, and women must wear a compression shirt.

Mouthguard

Even though BJJ is not a striking sport, it's still possible for people to accidentally hit you in the face, or for people to choke you through your jaw. In these scenarios, wearing a mouthguard can prevent serious damage. We include a mouthguard with our membership. You can also find a mouthguard online. Mouthguards are optional for ARMA adults, but required for teen students under 18.