



MODERN MARTIAL ARTS AND FITNESS

Training Guidelines

Sparring and Rolling



**BRAZILIAN
JIU-JITSU**



**NO-GI
JIU-JITSU**



MUAY THAI



WRESTLING



**MIXED
MARTIAL ARTS**

- ▷ We do **controlled, technical sparring**. Sparring is not competition. Your teammates' safety should always be the top priority.
- ▷ Always **manage your space!** If your partner is about to crash into someone, signal them to move away and then resume the round.
- ▷ Muay Thai sparring is your opportunity to work on new skills and gameplans. **Responsible sparring** means controlling your strikes and not throwing shots that could hurt your training partners. **Fast, powerful** strikes should be reserved for **pad work** and **bag work**.
- ▷ We do not sweep to the mat in Muay Thai sparring, nor do we throw elbows/knees to the head.
- ▷ **Be considerate of your training partner's size and experience level** when rolling or sparring. If you are more advanced, help them improve by training at a fair intensity.



Personal Hygiene

- ▷ Always wear shoes when not on the mats. We recommend bringing sandals with you that can easily be taken on and off.
- ▷ We have lots of bodies on the mats and lots of physical contact! Always remember the following aspects of personal hygiene:
 - Keep your nails trimmed and clean
 - Wear deodorant
 - Cover any wounds with a bandaid and/or medical tape (available in the first aid kit on the wall in the back area)
- ▷ If you begin to bleed while on the mat, stop training and dress the wound before resuming the round.
- ▷ If you ever contract a skin infection or have an open wound, refrain from training until you have been cleared with treatment from a medical professional.



Apparel and Training Gear

- ▷ Always come to class with **clean, dry** training gear.
- ▷ When using loaner gear (gloves, shin guards) **do not return the items to the bin directly after use**. Leave them on the ground or on top of the bins so that they may be sanitized.
- ▷ Are you in need of training gear? Check out the clickable PDFs at the end of this document for a range of recommendations that cover all of our classes. First and foremost, remember that we require **white gis** in BJJ. We have loaner gis in all sizes available for free use for the first two weeks of your membership (\$10/day to rent after the initial two-week period).
- ▷ Remember to bring all of your gear home with you after training - we unfortunately do not have the space to store extra gloves/bags/etc.



Being a Good Teammate

- ▷ We are proud to offer a welcoming, inclusive, friendly space for everyone to train. Modern Martial Arts and Fitness is an **ego-free training space**.
- ▷ Please arrive **5-10 minutes before class** so that you have time to change and be ready to join the warm-ups when the session begins.
- ▷ See a new face? Introduce yourself! Remember your first day of training and value the importance of having kind and helpful training partners.
- ▷ Please help us keep our academy clean, particularly the restroom! Do your best to keep the sink clean, replenish paper towels from the cabinet underneath the sink when necessary, and keep trash in the trash bin (and wear your shoes)! Feel free to let the front desk know if there is a mess that needs to be cleaned up.

Most importantly...
have fun!

DO YOU NEED A GI?



***** WHITE GIS ARE REQUIRED *****

***** ALWAYS REMEMBER TO CHECK THE SIZE GUIDE *****



SANABUL ESSENTIALS V.2 GI

One of the varieties we use as a loaner gi. It is affordable, good quality, lightweight, and relatively slim.

HAWK SPORTS GI

Another variety we use as a loaner gi. It is affordable, good quality, and less slim than the Sanabul option.

ELITE SPORTS GI

Another variety we use as a loaner gi. It is affordable and comparable to the Hawk gi.

COMBAT CORNER CLASSIC GI

This gi is great quality from a trusted brand. It is more expensive but very durable and not too heavy.

FUJI ALL-AROUND GI

This gi is also great quality from a very trusted brand, perhaps more durable than some of the others but heavier as well. It is a good price for the quality.

SEE MORE OPTIONS HERE FROM RELIABLE BJJ BRANDS:



HAYABUSA BJJ GEAR

VENUM BJJ GEAR

TORO BJJ GEAR

TATAMI BJJ GEAR

OR IN PERSON AT:

PRO BOXING EQUIPMENT

440 E COLORADO BLVD, PASADENA, CA 91101

(WE UNFORTUNATELY DO NOT RECOMMEND NO-GI GEAR FROM PRO BOXING EQUIPMENT)

DO YOU NEED MUAY THAI OR NO-GI GEAR?



*** NOT INCLUDED HERE: MOUTHPIECE (REQUIRED) AND HAND WRAPS (SUGGESTED) ***

GLOVES (12 OZ RECOMMENDED)



SANABUL

ELITE SPORTS

EVERLAST

HAYABUSA

SHIN GUARDS

ELITE SPORTS

SANABUL

VENUM

TORO

*** DO NOT PURCHASE SANABUL BRAND RASHGUARDS/SHORTS FOR GRAPPLING ***
(POOR QUALITY WITH DYES THAT BLEED EVEN AFTER WASHING)

*** WASH AND DRY ALL TRAINING GEAR BEFORE WEARING ***

**SEE THESE OPTIONS FOR GRAPPLING GEAR
FROM RELIABLE BJJ BRANDS:**



HAYABUSA

VENUM BJJ GEAR

TORO BJJ GEAR

TATAMI BJJ GEAR