



Important Information for Parents: Brazilian Jiu-Jitsu Etiquette at Leo Galati BJJ & MMA Marbella

Welcome to Leo Galati Team! We are excited to have your child join our Brazilian Jiu-Jitsu family. To ensure a positive and respectful environment for everyone, we kindly ask that you review the following guidelines and help us maintain the highest standards of behavior and discipline.

1. Punctuality

- **Arrive on time:** It's important for all students to arrive at least 5-10 minutes before class begins. This allows your child to mentally prepare and ensures that the class runs smoothly without interruptions.
- **Why it matters:** Being punctual helps your child develop discipline and respect for the training process. Late arrivals disrupt the flow of the class and prevent students from receiving crucial instructions.

2. Proper Hygiene and safety

- **Clean Gi (uniform):** All students must wear a clean uniform to every class. This ensures a hygienic training environment for everyone. If they do more than one class in a row the uniform should be changed before starting the second class.
- **Nails trimmed:** For safety reasons, please ensure that your child's nails are kept short and clean.
- **Personal cleanliness:** We ask that students come to class clean. Brazilian Jiu-Jitsu involves close contact, and personal hygiene is essential for the well-being of everyone on the mats. If needed, the feet can be washed in the showers before class.
- **Hair management:** If your child has long hair, please make sure it is tied up securely.
- **Toilet breaks:** It's important for the children to go to the toilet before training, to prevent interrupting the class.
- **Slippers:** If a toilet break is needed during the class, the child must wear slippers to avoid bringing back dirt on the tatami.
- **Jewelry removal:** For safety reasons, all jewelry (earrings, necklaces, rings, etc.) must be removed before class. Jewelry can cause injuries to your child or others during training, so it is essential that it is not worn on the mats. If removing earrings is not possible, please tape them with sports tape before class.

3. Respect for the Academy, Instructors and Teammates

- **Entering the Tatami:** Before stepping onto the mats, we ask that children seek permission from the head coach or the instructor leading the class. This helps us keep track of attendance and ensures a smooth start to the session. It is customary to bow when entering and exiting the mats as a sign of respect for the space and the art of Jiu-Jitsu.
- **Listening to Instructions:** Students should listen attentively and follow the instructor's guidance without interrupting. While this can be challenging, particularly for younger students, it is an important opportunity to develop discipline, focus, and patience—valuable skills both on and off the mats.
- **Patience and Humility:** Learning Brazilian Jiu-Jitsu requires time and perseverance. We encourage your child to embrace challenges with a positive attitude and remain humble whether they win or lose.
- **Safe Training:** Sparring (rolling) should always be done safely and in a controlled manner. Students must respect the skill level of their training partners and focus on improving together. For your children's safety, all sparring sessions at our academy are supervised by a coach to ensure proper guidance and protection.

4. Proper Equipment

- **Gi Classes:** For the trial class, children are not required to wear a gi aka kimono. However, if they decide to continue training, they will need to have a Brazilian Jiu-Jitsu or Judo gi, along with a white belt, to ensure they are fully equipped for their training. A gi can be bought from Decathlon, Amazon, Roninwear etc.
- **No-Gi Classes:** For No-Gi training, students should wear a rashguard and shorts (with or without leggings). To ensure safety during training, please make sure the clothes do not have zippers or pockets.
- **Hydration:** It is important that your child stays hydrated. We recommend bringing a water bottle to every class.
- **Snacks and Energy:** If your child has multiple classes in a row, please provide healthy snacks to help maintain their energy levels. Avoid heavy or sugary snacks, as they can lead to discomfort during training. Snacks should be eaten outside the tatami, preferably between classes, to avoid distractions.

5. Additional Important Information

- **Membership Fee:** The membership fee should be paid at the start of each month to ensure continued access to classes. This helps us maintain an organized schedule and secure your child's place. If you have any questions about the membership fee, please feel free to contact us.
 - **Health Information:** If your child has any health conditions, allergies, or medical concerns that we should be aware of, please inform us as soon as possible. This ensures we can take appropriate measures to keep them safe during training and provide any necessary accommodations. Your child's health and well-being are our top priority.
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Thank you for taking the time to review this information. We look forward to seeing your child grow and thrive in Brazilian Jiu-Jitsu here at Galati Team. Together, we can create a safe, respectful, and enjoyable learning environment for all students!

Leo Galati, professor of Galati Team