

# Mahara Jiujitsu New Student Welcome Pack

YOUR JOURNEY BEGINS HERE





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## WELCOME

Discover what to expect as you embark on your journey with Mahara JiuJitsu and the supportive community awaiting you.



## YOUR FIRST CLASS

Learn about the essential steps for your initial class, ensuring a smooth and enjoyable introduction to martial arts training.

## ACADEMY VALUES

Understand the core values that guide Mahara JiuJitsu, fostering respect, control, and a positive atmosphere for all students.



# Welcome to Mahara JiuJitsu



## THE FIRST STEP

Walking through the door is the hardest part so you've already done that. You do not need to be fit, flexible, confident, or experienced. Everyone starts somewhere, so turn up, train, and the rest takes care of itself.



## A SMOOTH INTRODUCTION

Arrive a few minutes early to get settled. Meet your coach and warm up safely to prepare your body. During your first class, you'll learn a technique and drill with a partner, practicing under control. Remember, you will not be thrown in at the deep end.



## WHAT TO EXPECT

You will have a supportive environment where everyone starts somewhere. Don't worry about being fit or experienced; Mahara JiuJitsu promotes respect and progress. Engage with your coach, ask questions, and enjoy the journey of learning something new in a welcoming community setting.



# Essential Gear for Training

BE PREPARED FOR YOUR FIRST CLASS



- Gi or suitable training attire is essential
- Bring a water bottle to stay hydrated
- Sliders or flip-flops for comfort off the mat
- A towel for personal hygiene needs
- Mouthguard as optional protective equipment



# Academy Values: Building Community

## 01 RESPECT

At Mahara, we believe in showing **respect** to everyone, regardless of their skill level. This respect fosters a supportive environment for personal growth and learning.

## 02 HUMILITY

Leaving your ego at the door cultivates a **humble** atmosphere, where students can learn from each other and grow together without fear of judgment or competition.

## 03 SUPPORT

Helping your training partners is crucial to our community. By offering **support**, we contribute to an environment where everyone can thrive and improve their skills together.



## CODE OF CONDUCT GUIDELINES

To ensure a positive training environment, all students must adhere to the following guidelines:

- Listen to coaches attentively
- Train under control at all times
- Respectfully tap out and honor your partner's taps
- Look after your training partner's safety
- No bullying or intimidation allowed

## BUILDING A SUPPORTIVE COMMUNITY

A thriving academy relies on mutual respect and support. Remember to:

- Keep your training gear clean
- Bring a positive attitude to each class
- Communicate openly and constructively
- Strive to create an inclusive atmosphere for all



# Mat Etiquette Essentials

## 01 SHOES OFF

It is crucial to remove shoes before stepping onto the mats, maintaining a **clean training environment** and showing respect for the shared training space.

## 02 SILENCE DEVICES

Please keep phones and other devices away during class to minimize distractions, allowing everyone to focus on their training and fully engage in the moment.

## 03 LINE UP

When instructed, lining up demonstrates respect for the coaches and fellow students, promoting a sense of order and discipline within the training environment.



# Hygiene is Essential for Everyone

The logo for Maha Jiu Jitsu is a circular emblem. It features a stylized, swirling design in the center, possibly representing a martial arts technique or a protective gear. The words "MAHA JIU JITSU" are written in a bold, sans-serif font across the middle of the circle.

## KEEPING OUR ACADEMY CLEAN AND SAFE

- Wash your gi or rashguard after every session
- Shower regularly to maintain personal hygiene
- Cover cuts properly and keep them clean
- Bring clean footwear for off the mat
- Keep nails short and neat for safety



## **SAFETY FIRST: TRAIN SMART**

- Tap early to avoid injury
- Release immediately when your partner taps
- Inform coaches about any injuries
- Train at a controlled speed
- Avoid crank submissions
- Stop if something feels wrong
- Tough training is not reckless training

## **TRAIN LONGER: ENJOY YOUR JOURNEY**

Fostering a safe environment is essential for longevity in training. When safety is prioritized, students can focus on skill development and enjoy their journey without fear of injury.

Remember, training smart means you can keep progressing and stay on the mats for the long haul.



## ROLLING AND SPARRING OVERVIEW

Rolling is an essential part of learning Jiu Jitsu. It involves live practice with a partner to develop technique and timing. Key points include:

- Treat rolling as a learning opportunity.
- Focus on breathing and stay relaxed.
- Tap when necessary to avoid injury.



## EMBRACING DIFFERENT SKILL LEVELS

Training with partners of varying skill levels fosters growth and understanding. Remember:

- Be patient and controlled with new students.
- Engage technically with peers.
- Learn from senior belts without pressure to perform. Everyone was once a beginner.



# Training Together, Growing Together

## 01 NEW STUDENTS

With newer students, be controlled, helpful, and patient. Encourage questions and provide guidance to foster their confidence while cultivating a positive training environment.

## 02 SIMILAR LEVELS

When training with peers of similar experience, focus on staying technical rather than wild. This approach ensures a safe learning atmosphere for everyone involved.

## 03 SENIOR BELTS

Training with senior belts allows you to relax and learn without pressure. Embrace their knowledge and experience, and remember that everyone has been a beginner at some point.



## PARENTS GUIDE TO SUPPORT

- Let the coaches coach
- Support effort, not winning
- Help children arrive ready
- Ensure kit is clean
- Keep nails short
- No food on the mat
- Ask before filming
- Behavior and consistency matter

## ENCOURAGE POSITIVE DEVELOPMENT

Progress comes from consistency, not pressure. Celebrate small achievements, and foster a love for learning. Maintain open communication with coaches, and discuss any concerns regarding your child's development. Your support plays a crucial role in their journey through Jiu Jitsu.



# Kids Classes Overview

## 01 CONFIDENCE

Our kids' classes are designed to **build confidence** through engaging activities, helping children learn new skills while developing a positive self-image in a supportive environment.

## 02 DISCIPLINE

Students will learn the importance of **discipline** in martial arts, encouraging focus and respect for instructors and peers, which translates to better behavior both on and off the mats.

## 03 TEAMWORK

Participating in group exercises and drills fosters a sense of **teamwork**, teaching kids to work together, encouraging positive relationships, and creating a sense of belonging within the academy community.



# Kids Progression

## NO FIXED TIMELINE

Progression in kids' classes is **flexible**, focusing on individual **growth** rather than strict timelines for belts or stripes.

## ATTENDANCE COUNTS

Regular attendance is crucial for **progress**, as consistent training leads to skill development and understanding of techniques.

## EFFORT MATTERS

Dedication and effort in training are recognized; children who show commitment will see their skills and confidence **flourish** over time.



# Adult Progression

## CONSISTENCY

Regular training is key to improvement; commit to a routine that fits your schedule while prioritizing attendance and participation.



## TECHNIQUE

Focus on mastering fundamental movements and concepts, as technical skills build the foundation for advanced techniques and effective sparring.

## ATTITUDE

A positive mindset fosters growth; approach challenges with determination and resilience, supporting your journey and helping others along the way.



# Membership and Administration: Your Pathway to Training

## BOOKING

Online booking system for pay as you train sessions, or simple membership session bookings. All available online or via the Spaces App

## PAYMENTS

Pay as you Train options, and Membership Options for Kids, Adults and Families

## COMMUNICATION

A community WhatsApp group is available to follow Mahara JiuJitsu information as well as out social platforms and the Spaces App.



## FREQUENTLY ASKED QUESTIONS

- Do I need experience? No, beginners are welcome
- Do I need to be fit? No, training builds fitness
- Will I have to spar? Not before you are ready
- What if I am nervous? Completely normal, most people are



## ADDITIONAL FAQS

- What kit do I need? Start simple and Mahara will guide you
- How often should I train? Consistency beats intensity
- Can parents watch? Follow academy rules and let coaches coach
- Can I train with an injury? Speak to a coach first



## **MORE FAQs: COMMON QUESTIONS ANSWERED**

- Do I need experience? No, beginners are welcome.
- Do I need to be fit? No, training builds fitness over time.
- Will I have to spar? Not until you are ready.
- What if I am nervous? It's completely normal; most people feel the same way.

## **ADDITIONAL QUESTIONS: FAQs CONTINUED**

- What kit do I need? Start simple, and Mahara will guide you on specifics.
- How often should I train? Consistency beats intensity for progress.
- Can parents watch? Follow academy rules, and allow coaches to coach.
- Can I train with an injury? Always consult a coach first before training.



# Welcome to the Mahara Jiujitsu Team!



See you on the Mat !  
Adz  
Mahara Jiujitsu Owner