

PROPER ATTIRE

All **jiu jitsu students** (adults and kids) are expected to attend class in a gi, except when participating in no-gi classes.*

Any color gi is permitted in class (Note: If you intend to compete, some tournaments only allow white, blue, or black).

We recommend that tights and rashguards be worn under your gi (for protective and sanitary purposes).

Workout attire (e.g., yoga leggings or sweats) is sufficient for **women's and self-defense classes**.

Depending on your personal condition, our instructors may also recommend braces or tape to reduce discomfort during and after your class. Sports goggles are strongly suggested for students with glasses.

No footwear is permitted on the mats at any time, but is required in the rest of the facility. We recommend easy slip-on's (e.g., sandals) for trips to the restroom or locker room.

WHAT'S A GI? A gi [gee] is a traditional martial arts two-piece garment consisting of loose pants and a wrap-around jacket with a cloth belt. They can vary widely in quality and pricing. A team member would be happy to recommend brands and sources for you based upon your individual needs.

**A gi is not required for prospective or new students (i.e., during Trial Lessons and your first two weeks of membership). Workout attire is acceptable for these circumstances (no sleeveless shirts).*

PARENTS WELCOME

Parents and guardians are welcome to stay for kids' classes.

Moms and dads can join, too. Kids classes are conveniently held alongside Women's Self-Defense and directly before Adult Jiu Jitsu.

Please note that we have a limited seating area. For everyone's safety, only participants and instructors are permitted on the mats during lessons.

GUEST POLICY

Enrolled students may bring a guest (in addition to parent/guardian) to any class included with their membership level.

Guests wishing to actively partake in a lesson must complete a waiver form prior to participating (parent's/legal guardian's permission required for those under 18).

Guest participation is equivalent to a Trial Lesson – limit one free class per individual, please.



TIME COMMITMENT

Members may attend as many or as few classes as they choose. Of course, we encourage our students to take full advantage of their memberships and partake in as many sessions as possible.* This should translate to faster skill honing, better lesson retention, and more expedient belt promotions.†

Jiu Jitsu Students: If you expect to advance in this complex martial art, you should plan to practice a minimum of three times per week.

**Included classes vary by membership type*

†Applies to jiu jitsu students only

ABOUT BELTS

In jiu jitsu, belt color denotes a participant's experience and prowess level. During class, you will roll with students at various belt levels. This offers a well-rounded experience for all of our participants.

Belt promotions are awarded based on advances in your skill level. **You must spend at least the IBJJF minimum required time at any given belt level before you're prepared to advance.** This minimum varies by belt level and ranges from 8 months to 2 years. As you'd expect, the more classes you attend and the more attention you devote to your jiu jitsu game (in and outside the studio), the faster you will advance.

Student eligibility for belt promotions is reviewed every 6 months. Those achieving new belt levels are welcome to do so "officially" at our twice-yearly promotion ceremonies. There is no additional cost for these events. Friends, family, and photos are welcome!

PROSPECTIVE STUDENTS

TRIAL LESSON

Potential students are encouraged to take a **no-cost, no-obligation** Trial Lesson before joining Aegis. Please contact us or stop by during a New Student Sign-Up session (see below) to schedule your free introductory class.

SIGN UP

Stop by Aegis during any of our New Student Sign-Up sessions* to check out the facilities, meet some team members, and even observe a live class. Visit the Schedule page at www.aegisjj.com for available days/times or click Book a Class to reserve a spot.

**Walk-in's are welcome...but for the optimal experience, please consider visiting our studio during a New Student Sign-Up slot. Note that our studio may be closed between scheduled classes and events.*

