



Welcome to Seeds 13 Jiu Jitsu Academy

A warm smile and eye contact can create an immediate sense of welcome and comfort for someone new to the academy. Introduce yourself and ask for the new person's name to start building a personal connection.

SEEDS 13 ACADEMY RULES



- **Arrive on time:** Being punctual shows respect for the instructor and your fellow students. If you arrive late, wait for a break in the training before entering the mat area.



- **Water bottle:** Staying hydrated is very important. Make sure to bring water to drink during each class.



- **Show respect for the mat area:** Avoid wearing shoes on the mat area, keep the area clean, and avoid any actions that may damage the mats or the training equipment.
- **Footwear:** Flip-Flops/slides are the type of shoe that needs to be worn.



- **Ask permission before stepping on or off the mat:** Before entering or leaving the mat area, ask permission from the instructor. This helps maintain a focused and orderly training environment.



- **Respect the instructors:** The instructors are there to help you learn and progress, so it's important to listen to their instructions and follow their guidance.



- **No coaching from the sidelines :** When you're not training, avoid coaching your fellow students from the sidelines and **parents please do not correct or coach your child when they are on the mat.** Let the instructor do their job.



- **Show respect for the mat area:** Avoid wearing shoes on the mat area, keep the area clean, and avoid any actions that may damage the mats or the training equipment.
- **Be a good training partner:** Treat your training partners with respect and avoid any actions that may cause injury or discomfort. Listen to your partner's feedback and adjust your techniques accordingly.

Follow the rules of the school: Each school or academy may have their own specific rules for using the mats, so make sure to follow them accordingly.

SEEDS 13 UNIFORM RULES

AT SEEDS 13 JIU JITSU ACADEMIES YOU MUST WEAR LONG SLEEVE RASH GUARD AND TIGHT PANTS UNDERNEATH YOUR GI UNIFORM.

Wearing a long sleeve **rash guard** and **tight pants** while training BJJ is essential for **preventing skin infections**, and keeping **good hygiene** in the gym. It also provides added comfort and functionality during training sessions.

TRAIN IN GI UNIFORM

WHITE, BLUE OR BLACK GI



RASHGUARD
LONG SLEEVE

SEEDS13
PATCH

TRAIN IN NO GI UNIFORM



SEEDS13 RASHGUARD
LONG SLEEVE

SEEDS13 SHORTS

SEEDS13 PANTS

SEEDS13 PATCHES



LEFT CHEST SIDE
SMALL SHIELD



BACK CENTER
BIGGER SHIELD

Why is it important to wear Seeds 13 uniform ?

Creating a Positive Learning Environment Through the use of Uniforms

A positive learning environment is associated with better discipline and increased student motivation, which in turn results in long-term benefits for the school. The Seeds 13 uniform is a powerful way to implement the shared vision of commitment and unity and as the learning experience creates a positive connotation, so does the school's reputation.



SEEDS 13 JIU JITSU ACADEMY ETIQUETTE

1. NO SHOES ON THE MAT
2. NO BARE FEET OFF THE MAT
3. NO JEWELRY ALLOWED DURING PRACTICE
4. STAY HEALTHY, KEEP YOUR GEAR CLEAN AND
NAILS CLIPPED
5. DO NOT TRAIN IF YOU HAVE ANY SKIN
INFECTIONS
6. IF YOU'RE SICK, STAY HOME. REST AND
COME BACK WHEN YOU ARE HEALTHY.
7. IF CLASS IS IN SESSION , DO NOT ENTER
WITHOUT GETTING PERMISSION FROM THE
COACH
8. BE CONSIDERATE OF OTHERS AROUND YOU

