

LBJJ CLUB INFORMATION

TRAINING DAYS & TIMES

MONDAY: 6PM - 7.30PM

TUESDAY: 7.30PM - 9PM (NO GI)

THURSDAY: 6PM - 7.30PM

SATURDAY: 10AM - 11AM (OPEN MAT)

PAYMENT INFORMATION

£40 PER MONTH FOR TRAINING ONCE A WEEK

£60 PER MONTH FOR UNLIMITED TRAINING

PAYMENTS ARE DUE ON **THE 1ST DAY OF EACH MONTH.**

IF YOU ARE JOINING PART WAY THROUGH A MONTH PLEASE SPEAK TO JOE KINCH (07966535628), AND ASK HOW MUCH SHOULD BE PAID AND WHEN.

BANKING INFORMATION

BANK NAME: **LOUGHBOROUGH BRAZILIAN JIU JITSU**

- ALWAYS USE YOUR NAME AS A REFERENCE
- PAYMENTS ARE DUE ON THE 1ST DAY OF EACH MONTH
- SORT CODE: **20-49-17**
- ACCOUNT NUMBER: **60043346**

USEFUL INFORMATION FOR NEW MEMBERS

- Upon arrival ask for the coach and introduce yourself
- You will need a "Gi" for any of our main sessions. Search online "buy a BJJ gi". Prices range from £45 - £100
- You will also need a rashguard or compression top. This is to be worn underneath you gi
- Make sure that you have set your monthly standing order to pay for your mat fees
- Never wear shoes on the dojo mat - bring flip-flops or sliders to wear when using the toilet - don't cross contaminate
- Get changed into your gi in the gym area - make sure you secure any valuables
- Follow the instructions of the coach when the class starts.
- Expect there to be a warm up and to join in with sparring (rolling) in each of our lessons.
- Hygiene is extremely important. Make sure you are clean and nails are trimmed short.
- Make sure that you wash your gi and rashguard after every lesson. None of us want to get ring worm or a staph infection.
- Never hurt your training partners and remember to tap early. There is no shame in being submitted by your training partner, it is part of the training and learning process.

