



Open Mat Policy

Date: 1st May 2024

We welcome those who want to come to our Open Mat.

Open mat sessions are available for our members. These are not just sparring sessions but opportunities to improve your skills in a less formal way. Here are our rules & guidelines:

Please note: Anyone who comes to Open Mat who isn't a current member must sign a waiver before they step on the mat; otherwise they will not be allowed to train with us.

Respect and Safety: As members, it's essential to uphold the values of respect and safety within our community. Keep it safe and respectful. Look out for each other and follow our safety guidelines to make sure everyone has a blast.

Once you're at the Open mat:

- **Leave Egos at the Door:** No room for egos here. Let's lift each other up and learn together in a positive environment.
- **Feel free to switch up your training partners.** It's a great way to learn from different styles and make new friends on the mats.
- **Technique over muscle – always.** Use open mat sessions to finesse your movement and try out new things. Also experiment with different techniques and approaches to enhance your jiu-jitsu game.
- **Communicate openly and respectfully with your partners.** Share your goals and any concerns before you roll.
- **Keep hydrated and take breaks when you need them.** Your body will thank you! Remember, you don't have to roll every round !
- **Report any injuries or safety worries to the instructor right away.** We're all about keeping each other safe.
- Open mat sessions are all about growth. **Share feedback, learn from each other,** and watch your skills soar!

Special Invitation for Guests and Friends of the Academy

Hey there, friends of our awesome members! We'd love to have you join us for an open mat session. **Please contact us via email to schedule a visit** (drop-in fee applies). We look forward to sharing our passion for jiu-jitsu with you and our community.