



A GUIDE FOR STUDENTS AND FAMILIES

Training Together at KIN



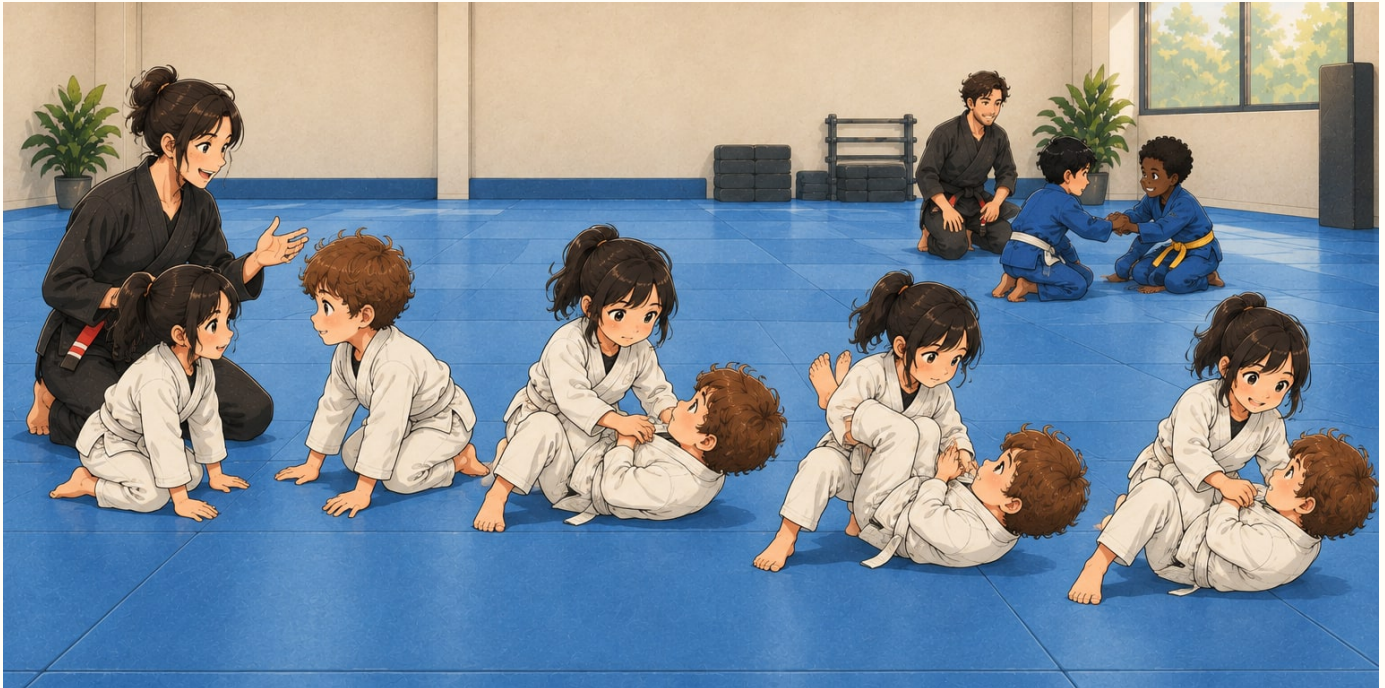
Our partners help us practise, solve problems,
and get better together.

KIN BRAZILIAN JIU JITSU

kinbjj.com

We learn by trying again

Understanding the goal is the beginning. Making it work takes practice.



Children learn through movement, physical games, and challenges with a partner.

Brazilian Jiu Jitsu is difficult. A child can understand the goal and still have trouble reaching it while their partner resists. Almost everyone feels this at first.

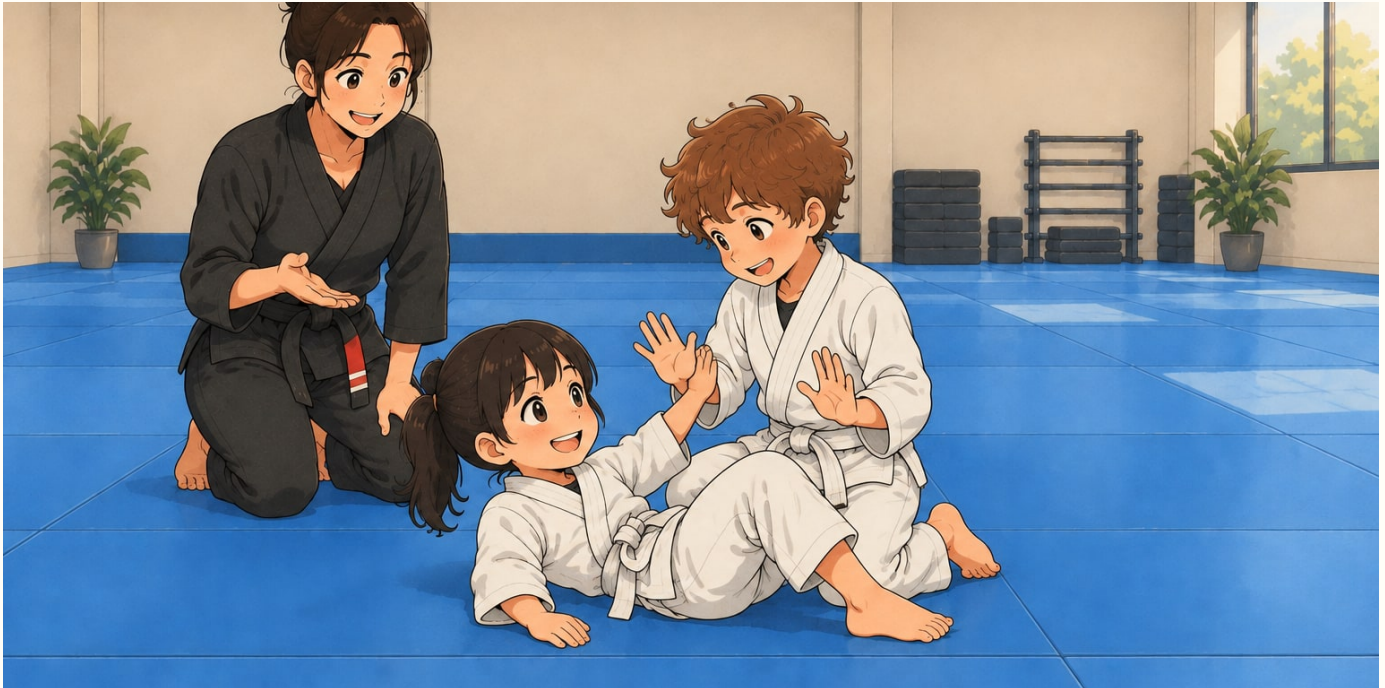
With practice, children begin to feel balance, pressure, space, and control. They notice openings sooner and find their own ways to solve problems.

Getting stuck does not mean they are bad at Brazilian Jiu Jitsu.

Every attempt gives them more information. The games, friendships, and small successes make the practice enjoyable.

We take care of our partners

Working hard and caring for a partner belong together.



Brazilian Jiu Jitsu includes resistance. Children push, pull, hold, escape, and try to gain control. We expect children to work hard and take care of the person they are training with.

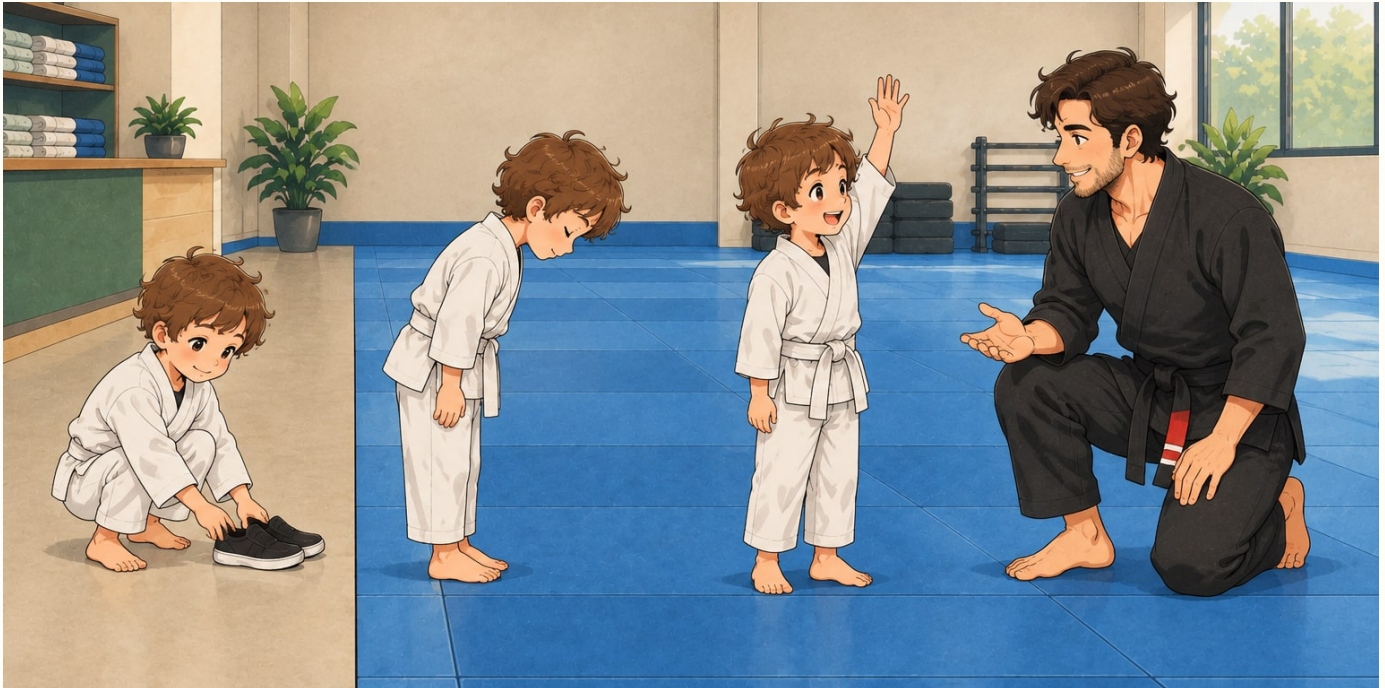
Winning a game or round never matters more than a partner's safety.

- 1 TAP** when you need to stop.
- 2 STOP** as soon as someone taps.
- 3 TELL** a coach if something feels wrong.

A tap lets both partners stop safely, reset, and keep learning.

We respect the people and the mats

Simple habits help everyone begin class together.



Students bow before stepping onto the mats and to one another before class. These bows give everyone a clear moment to begin training together.

Shoes stay off the mats, and the mats are kept clean. Children listen when a coach needs the room's attention so everyone can train safely.

Questions are always welcome. Children can ask when they do not understand or tell a coach when something feels uncomfortable.

We help people join in

A small invitation can make a new room feel easier.



Walking into a new room can be difficult. Some children join the first game right away. Others need time to watch, meet the coach, or work with one friendly partner.

Students can help by saying hello, making room in a game, and welcoming a new partner.

Teasing, leaving someone out, or laughing when someone is being hurt does not belong at KIN. Children can get a coach when they see it happening.

No child has to confront someone or handle a problem alone.

Coaches help us learn

Questions, difficult skills, breaks, and concerns are all reasons to talk with a coach.



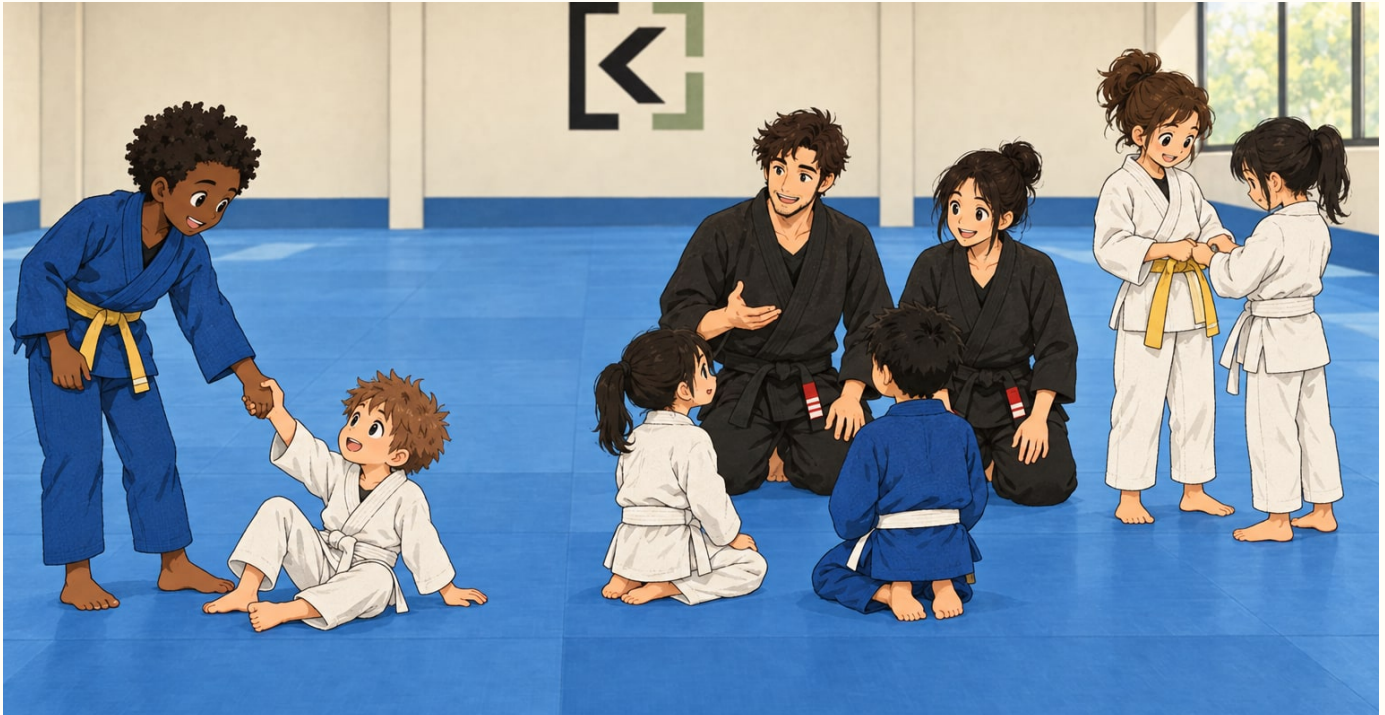
Children can go to a coach when they have a question, cannot make something work, need a break, or think someone needs help.

Coaches help students understand the goal, notice openings, and try another solution. Brazilian Jiu Jitsu takes time to learn, and struggling with something is a normal part of training.

If something feels wrong, a coach will listen and make sure everyone is safe. Parents are involved when the situation calls for it.

We all help take care of KIN

Students, parents, and coaches each have a part.



STUDENTS

We care for our partners, stop when someone taps, help people join in, and tell a coach when someone needs help.

PARENTS

We bring questions and concerns to the coaches and support safe, respectful training.

COACHES

We listen, teach clear boundaries, and make sure every child can train safely.

A healthy training room is built through small choices made every class. We hope children carry those choices with them when they leave the mats.

Questions or concerns? Talk with a coach after class or visit kinbjj.com.