



# Tiny Taz Brazilian Jiu Jitsu

Get Fit  
Learn self-defence  
Make new friends  
Improve your confidence  
Meet new challenges  
Learn new skills  
Have fun

# Welcome to The Combat Academy

Thank you for signing up for our Tiny Taz Brazilian Jiu Jitsu programme.

Your first lesson takes place on Thursday 14<sup>th</sup> April 4:00 – 4:45 pm.

The primary aim of the programme is quite simple, we want the children to have fun.



# What to Wear



Wear something loose and comfortable like old tracksuit bottoms or shorts, and a long sleeved top. Avoid wearing clothes with zips and buttons.

You do not need to buy a Jiu Jitsu uniform (called a Gi or Kimono) straight away. When you are sure you are going to stick with the training you can buy one through the club.

We have a sponsorship deal with Tatami Fightwear, check out their website and let us know what Gi you would like. We will supply it with about 20% off the listed price + around £4 p&p.

# A few things to remember



- Bring any medication you may need (e.g. inhaler).
- Bring a drink of water or squash in a plastic bottle.
- Cut finger and toe nails short.
- Long hair should be tied up with non-metallic bands.
- Remove any jewellery.
- Cover any open cut/grazes.
- Do not walk off the mat in bare feet.
- Do not walk on the mat with your shoes.

# General Information

## Staying to Watch

Parents / guardians, are welcome to stay and watch the lesson. We do have a viewing balcony with sofas and tea/coffee making facilities.

We do ask that you do not distract the children during the lesson.

## Photos and Video

Please do not take any photos or video footage of the lesson.

If you would like a photo of your child training, please let us know and we can take it for you.





# After the Course . . .

Following week four of the beginners course, lessons will continue on Thursdays at the same time of 4:00 – 4:45.

Training fees are then payable monthly in advance by Standing Order. The cost for juniors for one lesson per week is £24 per calendar month. Full details will be given to you on week 3 of the course.

We are open throughout most of the school holidays and we aim to provide a minimum of 48 weeks of lessons per year.

## **What other costs are there?**

Membership to The United Kingdom Brazilian Jiu Jitsu Association (UKBJJA), costs £10 for 12 months.

Membership to The Combat Academy, costs £10 per annum.

Membership does not need to be taken out until after the beginners course.

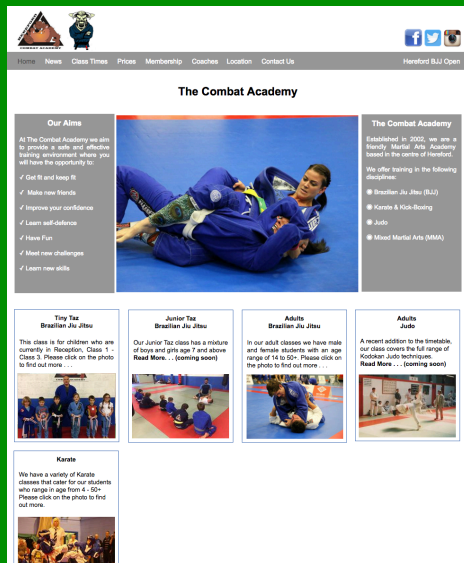
Uniform (Gi) start from around £36, see earlier notes.

## **Grading/Belt Promotions**

Unlike most other martial arts, we do not hold expensive pre-grading courses and we do not charge for the actual grading. We do not even charge for the new belt.

# Keep in touch

Stay up to date with all of our news on our main website [www.thecombatacademy.com](http://www.thecombatacademy.com)



**Dave Coles**  
Head Coach  
[dave@thecombatacademy.com](mailto:dave@thecombatacademy.com)  
T. 07770 768625

Club Address  
The Combat Academy  
Unit 24  
Foley Trading Estate  
Hereford  
HR1 2SF

Facebook (closed group) [www.facebook.com/groups/33948261714/](https://www.facebook.com/groups/33948261714/)  
Facebook Public Page [www.facebook.com/CombatAcademyHereford](https://www.facebook.com/CombatAcademyHereford)  
Instagram [www.instagram.com/the\\_combat\\_academy/](https://www.instagram.com/the_combat_academy/)  
Twitter <https://twitter.com/TCAHereford>

