

TECHNIQUE JIU JITSU - TIME TABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Practice - Jiu Jitsu 11:00am-12:00pm	Open Practice - Jiu Jitsu 11:00am-12:00pm	Open Practice - Jiu Jitsu 11:00am-12:00pm	EQUIPMENT REQUIREMENTS: - For clothing: NO Zippers, Buttons, Hard plastic or metal fixtures. Sleeves must cover the shoulders. Every practice! - Mandatory mouthguard, 16 oz. gloves and full shin guards for Striking skills. - Mandatory mouthguard, 5.5-7 oz. MMA gloves and full shin guards for All levels MMA.		Junior Jiu Jitsu 10:30am-11:30am
					Foundation - Jiu Jitsu 12:30pm-1:30pm
					All Levels - Jiu Jitsu 1:30pm-2:30pm
Junior Jiu Jitsu 5:00pm-6:00pm	Junior Jiu Jitsu 5:00pm-6:00pm	Junior Jiu Jitsu 5:00pm-6:00pm			Extra mat time 2:30pm-3:00pm
Foundation - Jiu Jitsu 6:00pm-6:50pm	Foundation - Jiu Jitsu 6:00pm-7:00pm	Foundation - Jiu Jitsu 6:00pm-6:50pm	Foundation - Jiu Jitsu 6:00pm-7:00pm	Foundation - Jiu Jitsu 6:00pm-6:50pm	
Striking skills 6:50pm-7:40pm	All Levels - Jiu Jitsu 7:00pm-8:00pm	Striking skills 6:50pm-7:40pm	All Levels - Jiu Jitsu 7:00pm-8:00pm	All Levels - MMA 6:50pm-7:40pm	
All Levels - Jiu Jitsu 7:40pm-8:30pm	Extra mat time 8:00pm-8:30pm	All Levels - Jiu Jitsu 7:40pm-8:30pm	Extra mat time 8:00pm-8:30pm	All Levels - Jiu Jitsu 7:40pm-8:30pm	***Current as at 06/10/2025

TECHNIQUE JIU JITSU – WHAT CAN YOU EXPECT?

Any new learner and those with previous experience, can expect a safe, well-constructed and live practice to develop useable skills. Learning anything new, or with a new method, will be challenging. Training is not a “passive learning” or “lecture based” environment, it is a practice where we are putting in real effort to develop real skills.

There is a heavy emphasis on safety during the practice sessions and a requirement for all participants to do their utmost to abide by all the protocols of any practice. Practice is active and there is almost no “down time”, but feel free to take as many breaks as you require until your fitness develops. Hygiene is also part of our safety protocols, it is your responsibility to make sure your gear and clothing is in good repair and clean, your body clean, all finger and toe nails trimmed short and you are not training whilst ill or infectious. Look after your team and they will look after you!

TECHNIQUE JIU JITSU – PROGRAMS

JUNIOR JIU JITSU – Our youth program. The perfect place to get your 6–12-year-old started in Jiu Jitsu. Fun and action-packed practice of the fundamentals of grappling.

Pre-requisites: None

Required equipment: Appropriate workout attire. Covered shoulders, no zippers, no buttons, no hard plastic or metal fixtures. Mouthguards? Optional, we do certainly recommend them.

FOUNDATION JIU JITSU – Here is where we build your skills from the ground up... Literally! Emphasis on defense and the ability to function on the bottom position.

Pre-requisites: None

Required equipment: Appropriate workout attire. Covered shoulders, no zippers, no buttons, no hard plastic or metal fixtures. Mouthguards? Optional, we do certainly recommend them.

STRIKING SKILLS – Combined with Foundation Jiu Jitsu this forms the basis of our complete practice of Mixed Martial Arts.

Pre-requisites: None

Required equipment: Appropriate workout attire. Covered shoulders, no zippers, no buttons, no hard plastic or metal fixtures. Mandatory mouthguard, 16oz. boxing gloves and shin pads (your gear must be in good condition and not used to strike bags or pads, no mouth guard = no training).

OPEN PRACTICE – Open to all members, for daytime practice.

Pre-requisites: None

Required equipment: Appropriate workout attire. Covered shoulders, no zippers, no buttons, no hard plastic or metal fixtures. Mouthguards? Optional, we do certainly recommend them.

ALL LEVELS JIU JITSU – Once you prove yourself to be a safe and skilled training partner, we can now develop the rest of your game. Whether you are preparing for competition or pushing yourself to develop your skills, this practice is the challenge you require to refine your personal expression of Jiu Jitsu.

Pre-requisites: Qualify in foundation practice, earn your invitation.

Required equipment: Appropriate workout attire. Covered shoulders, no zippers, no buttons, no hard plastic or metal fixtures. Mouthguards? Optional, we do certainly recommend them.

ALL LEVELS MMA – Once you prove yourself to be a safe and skilled training partner in striking skills and jiu jitsu and have qualified, we can now develop the fully integrated skills of the modern mixed martial artist.

Pre-requisites: Qualify in Foundation Jiu Jitsu and Striking Skills, earn your invitation.

Required equipment: Appropriate workout attire. Covered shoulders, no zippers, no buttons, no hard plastic or metal fixtures. Mandatory mouthguard, 16oz. boxing gloves, shin pads and MMA sparring gloves (5.5 – 7oz.).