

THINGS TO BRING WITH YOU TO THE GRAPPLING ACADEMY:

- Gi or martial art uniform and belt (beginners can use a karate, judo or jiu jitsu uniform)

*See the gi size chart below.



Size	Height		Age (Approx)
0000	100 cm	3" 5' and under	Aged 3 - 4
000	110 cm	3" 6' to 3" 7'	Aged 4 - 5
00	120 cm	3" 8' to 4" 0'	Aged 5 - 6
0	130 cm	4" 1' to 4" 4'	Aged 6 - 7
1	140 cm	4" 5' to 4" 8'	Aged 7 - 8
2	150 cm	4" 9' to 5" 0'	Aged 9 - 10
3	160 cm	5" 1' to 5" 4'	Aged 11 - 12
4	170 cm	5" 5' to 5" 9'	Teen / Adult
5	180 cm	5" 10' to 6" 0'	Adult
6	190 cm	6" 1' to 6" 3'	Adult
7	200 cm	6" 4' to 6" 7'	Adult
8	210 cm	6" 8' and over	Adult

- A clean tee-shirt to change into
- Bottled water or a water bottle with your name on it.
- Your completed [Registration and Liability Waiver & Personal Information Sheet](#)

FORMS TO FILL-IN & SUBMIT: Complete the [Personal Information Sheet](#) (seniors only), [Registration & Liability Waiver](#) and bring these forms with you. These forms will be collected at check-in on the opening day.

HYDRATION: One of the best ways to get the most out of your training is proper hydration. Proper fluid intake (water or sport electrolyte drinks) in the days prior to, during, and after each training session is imperative to preventing dehydration, to preventing injuries, and for competing at optimal levels.