



UNIFORM

To maintain the highest standards of hygiene, safety, and professionalism members must adhere to the below policies prior to and during any training at the academy.

KEY POINTS

1. HYGIENE:

Compression NOGI attire collects less bacteria, reducing infection risks.

2. SAFETY:

Avoid shorts with zips/fastenings to prevent injuries to teammates & mats.

3. INJURY PREVENTION:

Compression gear can enhance performance and reduce injury risks.

4. PROFESSIONAL APPEARANCE:

Proper attire shows dedication

REQUIRED UNIFORM

1. COMPRESSION TOP:

Long sleeves ONLY

2. MARTIAL ARTS SHORTS:

Brands like Scramble, MYALO, Tatami, and Fuji.

3. COMPRESSION SPATS:

Mandatory

PROHIBITED ATTIRE

1. T-SHIRTS

2. GAA GEAR/JERSEYS

3. NON-BJJ BRANDED GEAR

THANK YOU FOR YOUR COOPERATION
MARTIAL ARTS ACADEMY MANAGEMENT