



Flux Kids and Youth Membership Information

Welcome to Flux Jiu Jitsu, please find below information relating to the Flux Jiu Jitsu Kids and Youth programs.

We look forward to seeing you and your child/ren on the mats!

Goal of Flux Kids

The goal of Flux Kids is to teach your child jiu jitsu in a safe and friendly environment for:

- Self Defence
- Confidence
- Fitness

Our program is built on the foundation of keeping it fun, so you will see plenty of game and play based learning to keep your child/ren interested and engaged.

Our children's program also aims to promote your child with the following:

- Confidence: we help arm your child with the tools needed to become confident in themselves.
- Awareness: We teach your child to differentiate between harmless play and harmful harassment so they know precisely when and how to act in each circumstance.
- Responsibility: We emphasize discipline, responsibility, and respect throughout the course, and teach rules of engagement to ensure they never abuse their power.

What to expect

- Each class will usually involve a mix of functional movements, play/game based learning and drilling of specific techniques. Your child will employ these techniques throughout the term and ultimately be examined in these at each end of term grading.
- After several weeks and as your child gains competence and confidence they will also be introduced into grappling with a non-compliant partner (sparring) under the observation and control of their coaches.
- As children progress to higher age groups and ranks, the balance of game based drills will be replaced by more live sparring/wrestling and positional/situational based drilling.

Gradings and Belt System

- Flux Kids and Youth follows the IBJJF Quarterly System of graduation. A copy can be found at: <https://ibjjf.com/graduation-system>
- Gradings will be held at the completion of each term with an official grading date set on commencement of the term. Children may also be graded in weekday classes at the discretion of coaches.
- A child's eligibility to grade will be assessed throughout the term, not all will be eligible to grade.

Rules

Mat Rules

Hygiene (All)

1. No shoes on the mats, no bare feet off the mats
2. Wear a gi/kimono that is clean with no rips, tears, holes, or stains. (wash after every class)
3. Keep finger and toenails cut short at all times, keep long hair tied back, hands and feet must be clean
4. Open cuts must be covered at all times.

Safety (All)

5. Remove all jewellery and piercings before class. No metal objects are to be worn on the mats.
6. Mouthguards are compulsory during sparring.

Etiquette (Kids and Youth Classes)

7. Bow to the centre of the mat when entering
8. If you are late to class, wait at the edge of the mat for a coach to invite you onto the mat
9. Keep quiet while the instructor demonstrates techniques
10. Don't leave the mat without notifying the instructor.
11. Parents - You are responsible for your child's behaviour if and when he/she is not participating in class.

Rules of Engagement

We not only aim to teach kids jiu jitsu, but also teach them when to and when not to use it.

The "Rules of Engagement" are in place so that children will never abuse their power off the mats and, equally important, they will not hesitate to take a stand if required.

Rule 1: Avoid the fight at all costs.

Rule 2: If physically attacked, defend yourself.

Rule 3: Never punch or kick, establish control and negotiate.

Rule 4: When applying submissions use minimal force and negotiate.

Although we discuss the Rules of Engagement in classes, we strongly encourage you to discuss the Rules at home to assure your child/ren that they have your support in the event that they need to take a stand.

Competition

Whilst we recognise the benefits of competition and encourage all students to compete at some stage on their Jiu Jitsu journey, Flux does not enforce competition participation and understands that competition isn't for everybody.

With that said there are many competitions throughout the year, stay tuned on all our social media channels and in class for updates on any competitions that we have earmarked.

Timetable

Please refer to our website and social media channels for current timetables.

Each class will run for approx. 45 minutes (kids) to 1 hour (youth).

Saturday adult open mats are also available for youths on an invite only basis. In exceptional circumstances youths may also be invited to participate in other adults classes. Please discuss with your coaches in these instances.

Uniform/What to wear

For your first class of training simply wear a t-shirt and sports shorts. A Gi/Kimono and appropriate ranked belt (white belt if you are unranked) are compulsory for all kids classes after a couple of weeks (ex nogi).

In the second week of each term we will process orders for uniforms, with sample sizes and colours available to try on, we can also order in uniforms at your request and they usually arrive within 1 week. We also have patches available for purchase to represent Flux.

We do not have any requirement to wear or purchase uniforms or patches through Flux, so if you already own gear feel free to wear it regardless of the affiliation or branding.

Uniform pricing is as follows:

Patches: \$10

Gi/Kimono: \$90

Communication - throughout each term our main communication channel is via our closed facebook group - '**Flux Members and Friends**'. Please search and request access to this if you have Facebook.

<https://www.facebook.com/groups/704695214242646>