

What to Expect in Your First Class

Arrive Early

Introduce yourself to the coach, meet your training partners, and settle in before class begins.

What to Bring

Wear comfortable athletic clothing, such as a shirt and shorts. Don't forget to bring a water bottle and a towel.

Warm-Up

Start with light exercises to loosen up and prepare your body for training.

Technique Practice

Learn each move step-by-step with the help of an experienced training partner.

Sparring (Rolling)

If you feel ready, try some light sparring with your training partner to apply what you've learned in a live situation.

After Class

Ask questions and chat with your coach or teammates—we're a social gym!

Pro Tip

Everyone starts somewhere. Enjoy yourself, share a laugh, and embrace the journey—your team is here to guide and support you every step of the way.