

Kids BJJ First-Class Parent Guide

A practical checklist for a confident first visit

Chicago MMA · Ages 5–12

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1 Welcome to Kids BJJ

Your child's first class is an opportunity to meet the coach, get comfortable in the room, and begin learning alongside other young students. Chicago MMA's public Kids BJJ program serves ages 5–12. A coach confirms current class availability and the right placement after you send a request.

The guiding idea in Misho Ceko's **Soul Roll** is simple: young students grow through safe movement, patient practice, respect for others, and the confidence to keep learning. This guide is a practical companion for the first visit. It does not replace a coach's direction or safety judgment.

1.1 First-class checklist

Before you leave, use this short list to make the arrival easier.

- Wear clean workout clothes: a T-shirt and shorts are a simple starting point.
- Leave jewelry at home and avoid clothing with zippers. Students train barefoot on the mats.
- Plan to arrive 5–10 minutes early.
- Bring questions. A coach can clarify current placement, class availability, and what equipment is appropriate.
- Remember that Kids BJJ begins with a free first-class request, not a payment form.

1.2 When you arrive

Introduce yourselves to the coach and let them know it is your child's first visit. You may change in one of the locker rooms, watch from off the mats, and wait for the previous class to finish before stepping on the training surface.

The public schedule can help your family identify a class to ask about. It is an informational guide; a coach helps confirm the appropriate first class. If your child is new or a little nervous, that is normal. The first goal is to feel oriented, listened to, and ready to learn.

1.3 What a young student practices

Kids BJJ is introduced through clear demonstrations, supervised partner activity, and age-appropriate movement. The learning sequence may include balance, posture, rolling, crawling, bridges, hip movement, simple positions, and controlled escapes. These are foundations—not a demand to master everything in one class.

A good first class is measured by attention, effort, and respectful practice—not by winning or performing a technique perfectly.

1.4 Help your child feel ready

Children develop at different rates and may respond differently to a new group environment. You can support the first visit by encouraging curiosity, effort, and communication.

Before class

Ask what your child is looking forward to and remind them it is okay to watch, ask a question, or take a moment to reset.

During class

Encourage careful listening, personal space, and respectful treatment of every training partner.

After class

Ask what your child enjoyed, what felt new, and what they would like to practice again—not only what they “won.”

Over time

Notice steady habits: showing up, trying a movement again, helping a partner, and recovering calmly from a challenge.

1.5 Safety and partner habits

Safety is the starting point for every drill. The coach sets the pace and determines which movements and partner activities are appropriate for the group. Students learn to listen for stop and reset cues, practice without rough play, and treat taps and releases as responsible parts of training.

Parents can reinforce the same habits at home: respect the coach, ask for help when something feels uncertain, and remember that technical control matters more than force. The goal is for each child to leave the mat feeling safe, supported, and willing to return.

1.6 Staying connected

After the free first-class request, Chicago MMA will help your family with the next step. If you later register a trial or membership, the member portal and member app are used for account access and class booking. Do not book a class through the public schedule itself.

For current program questions or first-visit guidance, visit chicagomma.com/kids-bjj or contact Chicago MMA directly. Keep this guide handy, then bring your questions to the coach on the day.

1.7 Source note

This parent guide adapts age-appropriate themes from Misho Ceko’s **Soul Roll: How Brazilian Jiu-Jitsu Builds Character and Skill in Young Minds**, together with Chicago MMA’s published Day One and Kids BJJ first-visit guidance.