



3385A Yonge Street, Toronto, Ontario, M4N 2M8
www.ipedojo.com / @ipedojo / ipedojo@ipedojo.com

GETTING STARTED AT IPÊ DOJO

Welcome to a community where respect comes before results.

We're excited to welcome you to the Ipê Dojo family!

Whether you're trying martial arts for the first time or continuing your journey, we're committed to making your first experience enjoyable, safe, and welcoming.

This guide will help you know exactly what to expect before your first class.

BEFORE YOU COME

What Should I Bring?

For your trial class, simply wear comfortable athletic clothing (white t-shirt and athletic pants/shorts).

We'll provide you with a clean loaner gi (uniform) for your trial classes.

Once you become a member, you'll receive a complimentary white gi with your registration.

Please also bring:

- Indoor flip flops (dedicated for dojo use only)
- A refillable water bottle

Personal Hygiene

Because martial arts involve close physical contact, maintaining good hygiene is essential.

Before every class, please:

- Wear a clean gi or clean athletic clothing.
- Keep your fingernails and toenails trimmed short.
- Tie back long hair.
- Remove all jewelry before training.
- Avoid wearing makeup that may transfer onto uniforms.
- Avoid wearing strong perfumes, colognes, or heavily scented products.
- Refrain from smoking, vaping, or consuming alcohol before class.
- Stay home if you are feeling unwell or have a contagious illness or skin condition.



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Medical Information

If you have any medical condition including asthma, diabetes, epilepsy, severe allergies or any condition that may require special attention that could affect your participation, please let one of our instructors know before class begins.

Your safety is always our priority.

Please Arrive Early

Please arrive approximately 15 minutes before class.

This gives you time to:

- Change into your uniform.
- Meet your instructor.
- Ask any questions.
- Become familiar with the dojo.

WHEN YOU ARRIVE

- Remove your outdoor shoes.
- Put on your indoor dojo flip flops.
- Change in the designated change room or washroom.
- Keep your belongings neatly organized.
- Please speak quietly if another class is already in progress.

Before Stepping on the Mats

Your instructor will explain our bowing etiquette before class begins.

Please remember to:

- Bow before entering the mat.
- Wear a white t-shirt or white rash guard underneath your gi (optional for boys and men).
- Remove all jewelry.
- Bring only your water bottle onto the mat.

What We Expect From You

Nothing complicated.

Just:

- Come with an open mind.
- Be respectful.
- Do your best.
- Ask questions.
- Enjoy yourself.



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WHAT TO EXPECT IN YOUR FIRST JUDO CLASS

Your first class focuses on learning the fundamentals in a safe, welcoming, and supportive environment.

You can expect to learn:

- How to fall safely using breakfalls.
- Basic movement and balance.
- Fundamental standing throwing techniques.
- Safe gripping and partner work.
- Fun drills and games to develop coordination and confidence (especially in children's classes).

There is no live sparring (randori) during your first class.

Our priority is to help you learn the fundamentals and feel comfortable before progressing to more advanced training.

WHAT TO EXPECT IN YOUR FIRST BRAZILIAN JIU-JITSU CLASS

Your first class introduces the basic concepts of grappling in a beginner-friendly environment.

You can expect to learn:

- Basic body positioning.
- Pins (how to safely control an opponent from the top).
- Guard, one of the fundamental positions in Brazilian Jiu-Jitsu, where you use your legs to control, defend against, and attack your opponent.
- Sweeps, techniques used to reverse positions and move from the bottom to the top.
- Basic escapes and movement.

There is no live sparring (rolling/randori) during your first class.

You'll first learn the fundamental movements before participating in live training.

PARENTS & GUARDIANS (KIDS PROGRAMS)

Parents and guardians are welcome to observe classes during their child's **trial week**.

Once a child becomes a member, we ask that parents refrain from remaining inside the training area during class. This allows children to develop confidence, independence, and focus while providing the best possible learning environment.

You're welcome to take photos of your own child during the trial week. Afterward, we ask that phones and cameras remain outside the training area unless authorized by an instructor.

Our instructors are always happy to answer questions before or after class.



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DURING CLASS

Relax, there are no expectations for your first class.
Our instructors will guide you every step of the way!

- Ask questions.
- Do your best.
- Most importantly...
- Have fun!

Remember:

Every black belt was once a beginner.

AFTER CLASS

- Return your loaner gi if one was provided.
- Leave the change room clean and organized.
- Take all of your belongings home.

Feel free to stay for a few minutes if you'd like to ask questions or learn more about our programs.

Questions?

We're always happy to help.

 membership@ipedojo.com

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Thank you for choosing Ipê Dojo.

We can't wait to welcome you onto the mats.