

## **Brazilian Jiu Jitsu Gym Comparison Checklist**

*Use this checklist when visiting or researching Brazilian Jiu-Jitsu gyms near you. You don't need every box checked. Focus on what matters most for your goals.*

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### **Location & Logistics**

- Gym is close enough to attend consistently
- Class schedule fits my work or family schedule
- Parking or transit access is reasonable
- Trial class or visit is available

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### **Instruction & Class Structure**

- Classes follow a clear structure or curriculum
- Techniques are explained clearly, not rushed
- Instructors are present and actively teaching
- A fundamentals or beginner-friendly class is available
- I understand what a typical class looks like

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### **Beginner Experience**

- New students are welcomed and guided
- Safety rules and mat etiquette are explained
- I don't feel pressured to spar immediately
- Questions are encouraged
- Beginners are not expected to "keep up" with advanced students

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### **Training Environment & Culture**

- Training partners are respectful and controlled
- Ego and unsafe behavior are discouraged
- Tapping early is normalized

- I feel comfortable training with people of different sizes
- The overall vibe feels supportive rather than intimidating
- Women appear supported and respected (\*hint, talk to a female student or two about their experience at that school)

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## Gi / No-Gi & Training Style

- Gi classes are offered
- No-Gi classes are offered
- The balance between Gi and No-Gi fits my interests
- Training style aligns with my reasons for starting BJJ

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## Competition Expectations

- Competition is optional, not required
- There is support for students who want to compete
- Non-competitors are treated equally
- Training intensity matches my goals

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## Cleanliness & Safety

- Mats and training areas are clean
- Hygiene expectations are clearly communicated
- Injuries are taken seriously
- Long-term training is prioritized over winning rounds

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## Overall Fit

- I can see myself training here long-term
- The gym's values align with my goals
- I feel comfortable asking questions
- I would look forward to coming back

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**Tip:**

The right Brazilian Jiu Jitsu gym near you isn't the one with the most hype—it's the one you can train at consistently, safely, and with confidence.