

## 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.