

GI CHECKLIST

Christian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, 320 Industrial Blvd., Suite 206, McKinney, Texas 75069 · Check-in 6:15 p.m., training 6:30–8:00 p.m. (America/Chicago) · trainmyhandsforwar.com

Pack this bag

- | | |
|--------------------------|---|
| ☐ | Clean gi — jacket, pants, belt. White is standard and never wrong. |
| ☐ | Rashguard or plain t-shirt to train under the jacket. |
| ☐ | Athletic shorts with no pockets, zippers, or drawstring hooks (no-gi rounds). |
| ☐ | Flip-flops or slides for walking off the mats. |
| ☐ | Water bottle and a towel. |
| ☐ | Nails trimmed, no jewelry, hair tied back. |
| ☐ | Waiver signed — one release covers every session. |

If you do not own a gi yet

You still train. We keep a small number of loaner gis on hand, first come while they last — ask for one when you reserve your mat and check in early so we can fit you. No loaner left? Wear a rashguard or plain t-shirt and shorts without pockets. Nobody sits out for lack of a gi.

Where to buy your first gi

A basic single-weave white gi lasts years. Size by each brand's A-scale chart (height first, then weight). For youth, buy the size that fits now rather than one to grow into. We have no affiliate relationship with these storefronts.

Fuji basic gi (Amazon) a.co/d/0fT56cTS

Origin gis (made in USA) originusa.com/collections/jiu-jitsu

Patches and colors

Wear any gi and any patches you like — academy, ministry, event, or team. There is no required uniform for our gatherings.

One respectful reservation: camouflage gis

Camouflage gis are worn only by military service members and veterans, out of respect for what that pattern represents and for those who earned the right to wear it. No one is asked to prove anything at the door — we trust the room to honor it.

Health and mat safety

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|--------------------------|---|
| ☐ | No fever, rash, ringworm, or draining wound. |
| ☐ | Tell a coach about injuries, asthma, or anything we should know. |
| ☐ | Tap early and often. Nobody proves anything in a Connect Group round. |

How the night runs

6:15 p.m.	Doors and check-in. Arrive early if you need a loaner gi fitted.
6:30 p.m.	Warm-up, standing focus, then ground focus.
7:45 p.m.	Rounds, then a short word and prayer.
8:00 p.m.	Mats close. Stay and talk as long as you like.

Keep these links

Gi guide	trainmyhandsforwar.com/gi-guide
Athlete resources	trainmyhandsforwar.com/learn/athlete-resources
First class guide	trainmyhandsforwar.com/first-class
Reserve a mat	trainmyhandsforwar.com/join

Questions, mat rentals, or waiver help: mail@trainmyhandsforwar.com. One signed release covers every session — check your status at trainmyhandsforwar.com/mat-ready.

Strong hands. Humble hearts.