

# A Parent's Guide to Kids & Teens Jiu-Jitsu at Vanguard Academy

*"Vanguard Academy: Building Resilience, One Mat at a Time."*

## 1 Welcome to the Vanguard Family

Welcome, and thank you for considering Vanguard Self-Defense Academy for your child. We believe jiu-jitsu is so much more than a martial art — it is a foundation for life. Every class is designed to empower children and teens with the physical and mental tools they need to thrive both on and off the mat.

From their very first day, your child will be welcomed into a supportive, encouraging environment where effort is celebrated, progress is personal, and every student belongs. Our coaches are dedicated to helping young people grow into confident, focused, and resilient individuals.

## 2 Why Choose Jiu-Jitsu?

### Confidence

Children learn that they are capable of more than they imagined. Mastering new skills builds genuine self-belief that carries into school, friendships, and everyday challenges.

### Focus & Discipline

Jiu-jitsu rewards attention and patience. Students develop the discipline to set goals, follow through, and stay present — habits that serve them for a lifetime.

### Functional Fitness

Classes build real-world strength, coordination, and endurance through fun, active movement — helping kids develop healthy habits without it ever feeling like a chore.

### A Supportive Tribe

Your child joins a welcoming community of training partners and mentors. Together, our students lift each other up and form friendships that last well beyond the mat.

## 3 What to Expect on Day One

New experiences can feel big — for kids and parents alike. Here is exactly how a first class unfolds, so you both know what to expect.

### 1 The Welcome

A coach greets you and your child by name, introduces the space, and helps everyone feel comfortable before anything begins.

**2****The Gear**

We explain what to wear and walk through any equipment. No special uniform is needed for the first class — just show up ready to move.

**3****The Warm-up**

Class kicks off with fun, energetic movement games that get bodies moving, build coordination, and break the ice with new training partners.

**4****The Lesson**

Coaches teach age-appropriate techniques in small, clear steps, with plenty of encouragement and hands-on guidance at every stage.

**5****The Wrap-up**

We close with a calm cool-down, a few words of encouragement, and a quick check-in so your child leaves feeling proud of what they accomplished.

**4****Frequently Asked Questions****Is jiu-jitsu safe for my child?**

Safety is our priority #1. Classes are closely supervised by experienced coaches, techniques are taught progressively, and we maintain a controlled, respectful training environment at all times.

**What should my child wear?**

For the first class, simply have them wear comfortable athletic clothing, such as a t-shirt and shorts or leggings. We will guide you on uniforms once your child decides to continue.

**Does my child need any experience?**

None at all. Our programs are built for complete beginners. Every student starts at their own level, and our coaches meet each child exactly where they are.

**Can I stay and watch the class?**

Absolutely — parents are encouraged to watch! We love having families see their children learn and grow, and your support from the sidelines means the world to them.

**Ready to Begin the Journey?**

Give your child the gift of confidence, focus, and a community that believes in them. Book a **FREE intro session** today and see the Vanguard difference for yourself.

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