

YOUR CHILD'S FIRST CLASS

A parent's guide to trying jiu-jitsu at Northbound

Your child doesn't need to be confident, athletic or familiar with martial arts to start. The first visit is a chance to meet us, see the room and try something new at a comfortable pace. This guide will help you arrive prepared, support your child and know what to ask afterwards.



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A trial request is not a confirmed appointment. We'll arrange the right class with you by email or text before you come in.

Built for the journey.

BEFORE YOU LEAVE HOME

A little preparation makes the first visit feel more familiar. You don't need to buy a uniform or practise techniques at home.

Confirm the right class

We'll help choose a class based on your child's age, size, experience and comfort level. Tell us if they have tried martial arts before, are coming back after a break, or feel unsure about joining. Wait until we have confirmed the date and time before travelling to the academy.

Pack the simple things

We'll lend your child a clean jiu-jitsu uniform, called a gi (pronounced "gee"). Bring a clean, fitted T-shirt and comfortable athletic clothes they can wear underneath, plus a water bottle. Avoid clothing with hard zippers or buttons. If your child already owns a gi, they can bring it for the trial.

Arrive 15 minutes early

Allow time to meet the coach, find the changing area and get comfortable. Park behind the building and use the rear entrance, then head to the second floor. We're at the top of the stairwell. If you cannot find the entrance or are running late, call or text us.

Tell us what would help

Let the coach know about anything relevant to your child's participation, such as an injury, a support need or anxiety about close contact. A short conversation before class helps us understand how to welcome them. You don't need to put personal details in a public conversation.

Find us: 5555 Avenue Westminster, Suite 230, Côte Saint-Luc. Call or text (514) 813-0331 if you need a hand getting inside.

WHAT THE FIRST CLASS LOOKS LIKE

The exact activities vary with the group. Your child's first class is an introduction, not a test of toughness or talent.

A welcome before the action

We'll greet you, help with the trial gi and introduce your child to the coach. They can look around, ask questions and see where you'll be watching. There is no need to know the terminology or arrive with any skills.

Movement and games

Children are introduced to movement through coached activities and games. They practise listening, taking turns and following a simple instruction. The goal is to help them engage with the class and feel comfortable trying, even when a movement is new.

The basics, with guidance

The coach introduces appropriate skills gradually and supervises partner work. Children learn to pay attention to their partner and stop when asked. This is controlled learning, not an invitation to be rough. There is no punching or kicking in our kids jiu-jitsu classes.

Space to pause

A child can watch, take a break, ask a question and join at their own pace. If something feels uncomfortable or confusing, encourage them to tell the coach. They don't have to push through fear to make the visit worthwhile.

A useful first-day goal: meet the coach, try a game or movement, and leave with a clearer idea of what jiu-jitsu feels like.

A ROOM BUILT ON RESPECT

We want children to build confidence while learning to look after themselves and their partners. These expectations are part of the class from the start.

Safety is taught, not assumed

We introduce training gradually, match children thoughtfully and supervise beginners closely. Tapping is a signal to stop; children also learn to stop when a partner or coach asks. No physical activity is risk-free, and light knocks or bumps can happen. Tell the coach straight away if your child is hurt or uncomfortable.

Clean gear and a clean training space

Students must train in clean clothing. We do not allow training while sick or with a potentially contagious skin issue. If you are unsure whether your child should attend, contact us before coming in. It is better to rearrange the visit than put other families at risk.

Parents are welcome to watch

You can watch from the sidelines, where your child can see you and you can see them. Please let the coach give the instructions during class. Calling out corrections or coaching from the side can leave a child trying to follow two sets of directions. Save questions for a pause or after class.

Control beyond the mats

Jiu-jitsu is a martial art, but we teach boundaries, calm problem-solving and self-defence as a last resort. The aim is confidence and good judgement, not picking fights. At home, remind your child that techniques belong in supervised practice, not games with siblings or friends.

You can always raise a concern. A good first visit includes room for your questions as well as your child's.

CONFIDENCE CAN TAKE A SECOND TRY

Some children join immediately. Others need to watch before they feel ready. Both are useful information, and neither needs to become a big moment.

Before class: keep the invitation small

Try: “We’re going to meet the coach and see what the class is like. You can ask questions and try when you feel ready.” Avoid promising they will love it or telling them they have to be brave. Familiar, matter-of-fact language leaves room for their own experience.

If your child hangs back

Let the coach know rather than pushing them onto the mats. They may want to watch, pause or take part in only one activity. We’re happy to accommodate another trial if the first visit doesn’t give your child a proper chance to try. Talk with us about arranging that second class.

Afterwards: ask about the experience

Simple questions work well: “What was fun?”, “Was anything confusing?” or “What would you like to try next time?” Notice effort, listening and willingness to try rather than whether they were good at it. It’s fine if they need time to decide.

If they want to continue

We’ll explain the class options, membership costs and uniform needs before you choose. A gi is needed for ongoing training, but there is no need to buy one before the trial. There is no long-term commitment unless you choose one. Competition is optional; enjoying class and making progress are worthwhile goals on their own.

We’d like your child to have a proper chance to try before you decide. Bring your questions to Dave and Nathalie - there is no need to make a decision on the spot.

YOUR FIRST-VISIT CHECKLIST

Save this page on your phone or print it for the day of the trial.

- ☐ Confirm the class date and time with the academy.
- ☐ Plan to arrive 15 minutes early.
- ☐ Pack a clean fitted T-shirt and comfortable athletic clothes.
- ☐ Pack a water bottle; bring their own gi if they have one.
- ☐ Check that your child is well enough to train.
- ☐ Tell the coach anything that would help your child participate.
- ☐ Use the rear entrance and go to the second floor.
- ☐ Let your child know they can watch, pause and ask questions.
- ☐ Watch from the sidelines and leave coaching to the coach.
- ☐ Ask about a second trial if your child needs another try.

MY CHILD'S CLASS

Confirmed date and time

Coach / contact

Questions I want to ask

Dave & Nathalie

(514) 813-0331 | info@northboundjiujitsu.com

[See the academy on Instagram](#)