



Welcome!

We want to welcome you to our team. Our mission is to teach the art of Brazilian Jiu Jitsu (BJJ), with an emphasis on self-defense, under the supervision of Professor Rodrigo Vaghi and Assistant Instructor Dana Taylor. Brazilian Jiu Jitsu has gained popularity in the martial arts via the Ultimate Fighting Challenge (UFC) and other submission wrestling events. Learning BJJ is hard work that takes many hours of practice. Our students have different reasons for training in Brazilian Jiu Jitsu. Some want to learn self-defense, others want to simply stay active, while some want to fight as amateurs or on the professional level. We will be with you every step towards reaching your goals.

What do I need to get started with Team Vaghi-Omaha North?

1. Register as a student either online (print out the form and turn in to Dana Taylor) or at the gym
2. Sign the waiver form
3. Pay gym fees
4. Get your uniform (a gi and a t-shirt). These will be your workout uniforms.
5. Total cost to begin training is \$95 to \$120 minimum (depending uniform prices and membership plan)

Membership and Payment Policy

- Payment is due each month on the anniversary of date when the athlete joined the gym
- If payment is not made within 2 days then the athlete will be categorized as “inactive” (i.e., if payment is due January 1, if no payment is received by January 3, then the athlete will be “inactive”)
- An “inactive” athlete can resume training once payment is made

Important Information

Gi's: All members need to ensure they purchase their gi's for practice at least within 30 days after becoming a member. *Proper practice attire* is the team t-shirts and the gi's with a Team Vaghi patch on the back of the gi.

Costs for uniforms are:

Adults and kids- \$70 (includes uniform, team patch, sewing, and team t-shirt). Price changes depending on the quality of the gi uniform purchased.

If we don't have uniforms in stock here are links to retailers:

www.gameness.net

www.atama-kimonos.com

www.nhbgear.com

www.judogis.com

www.martialartssupplies.com

Hygiene: All of the members are responsible for being disciplined when it comes to keeping clean training equipment. Also, bathing is a must immediately after training. Finally, do not train with open wounds or cuts. Make sure any *wounds or cuts* are covered or do not train until the healing process is complete. Open wounds are the quickest way to become sick through infections, etc. I suggest bringing "flip-flops" to practice so that

when leaving the mat one can use them to walk around the facility. Cross contamination of the mats is caused mostly by persons walking around the facility, bathrooms, outside, and then walking back on the mats again. The mats are sanitized daily at our facility.

Locker Room: Lockers are available for use by our athletes. They are for daily use and not long term. Please remove all property daily. Showers are available. Please keep all staff informed of any complaints regarding the facility.

Rodrigo Vaghi: Rodrigo will visit Omaha between 6-9 times during the year. Rodrigo issue all belt ranks based on one's progress. Rodrigo will evaluate progress by observation during competition and training. In addition, athletes are strongly encouraged to visit St. Louis for training at Rodrigo's gym. The more familiar Rodrigo is with an athlete, the more knowledge he will have to gauge the athlete's progress.