



TEMPLE

JIU JITSU

Thank you for choosing Temple Brazilian Jiu Jitsu as your training destination in Phuket, Thailand.

We are a state of the art Brazilian Jiu Jitsu facility located in the beautiful southern part of Phuket. We aim to bring you the best experience of training and learning Brazilian Jiu Jitsu with our environment designed to meet the highest demands of any training martial arts facility.

The Jiu Jitsu room is the pride and joy of our facility and will also be your second home away from home. FUJI's Springfloor System is the best mat system in the world for Martial Art dojos. Our spectacular view over the lake, surrounding flora and fresh ocean breeze blowing from the coast will be a premium experience on every level.

We would like to make booking classes easy for you through our GloFox App; Temple Jiu Jitsu. Please make sure you have this application and check-in Temple's classes via this easy process.

Here's what you need to know on your first day with us!

- Upon arriving and taking on the Temple Hill to our Dojo, kindly check-in via GloFox App or look for friendly staff that will gladly assist you.
- A complete beginner? No need to worry as we have our Coaches that are more than happy to assist you with your BJJ journey.

Friendly Class Reminders:

- Arrive 15 minutes before class
- Bring water / replenishments and avoid dehydration. We also have a juice bar on site that offers healthy refreshments and delicious Acai bowls.
- Please be responsible for your own belongings. We do have designated lockers within our weights room.
- Enjoy, make new friends and have fun!

Temple Rules & Regulations:

- Park in the designated parking lot down by the main road.
- Chivitr shower and the main swimming pool will be open for Temple guests between 8am and 7pm Mon – Fri and 8am – 3pm Saturday (pool access only for temple members).
- Towels available for rent/ purchase from the temple store.
- Chivitr's suites, property and saunas are prohibited to enter at all times.
- Remove footwear before entering the facility.
- Do not sit on couches or coffee tables in dirty kimonos.
- Do not hang clothing items, Gi's or belts from balconies.
- If you have a staph infection then stay at home and your membership will be frozen.
- Be on time to class (if you are late, approach the instructor before joining).
- Always have trimmed nails and clean kimonos for class.
- You are responsible for your child's behavior at all times.
- Leave your ego outside and be humble/ respectful to others.

HOW TO GET AROUND PHUKET

- Airport to Destination :

Phuket offers the Airport Bus : (link <http://www.airportbusphuket.com/>)

You can also book a local taxi and please note that Taxi fees usually cost between 800-1500 Baht depending on destination.

- The Local Bus

: Also known as "Songthaew" are the small blue open-sided buses that depart from the main bus terminal from Phuket Town and connects to the island's main beach spots such as Kata, Karon, Patong, Surin, Kamala. This option can be slow because of all the routes & number of stops they have to make. Services run from early morning to late afternoon

- Grab App / InDrive, Bolt APP & Local Taxis

: Download Grab App as it is a pretty reliable application for taxi service in Phuket. There are local taxi drivers you can find. Here is a little unofficial reference rate:

1-5 KM : 200-300 Baht

5-10KM : 300-500 Baht

15-20KM: 500-700 Baht

20-30KM : 700-1000 Baht

- Car & Motorbike Rental

: We can definitely help you find a trustworthy Car & Motorbike rental. Please make sure that you have an international drivers license & travel insurance that covers your safety. Please be careful when renting a motorbike. It is true that renting a motorbike is easy in Phuket, Thailand but does not mean you should if you do not have the proper license nor qualifications to ride one. Always wear a helmet and be alert on the roads. It is better to be safe than sorry.

WHAT IS THERE TO DO BESIDES TRAINING?

Rest & Relaxation is a very important part in anyone's training routine. It is important to listen to your body and take advantage of what Phuket, Thailand has to offer. It is blessed with many gorgeous public beaches that everyone is free to access. So here's our list of the top things to do aside from training.

HIT THE BEACHES & VIEWPOINTS UP!

First of all , We suggest going to the beach between 7am to 9am in the morning and 3pm til 6:30pm for sunset. These are the times that are not so hot. Always protect yourself from Sunburns.

- Naiharn beach is already at your doorstep. Looking for a nice morning beach jog? Naiharn is just 600 meters away from our Dojo. Take a stroll around Naiharn lake too, it is a 20 minute nice stroll around the lake. Yanui
- Looking for a snorkeling beach? Then Ao Sane is a hidden gem that you can easily reach past Naiharn. There are a lot of local fruit and drink stands as well as restaurants that always have fresh coconuts for you to enjoy!
- Yanui Beach is also a close-by beach destination just past the Windmill Viewpoint which is another perfect spot for sunset views.
- Promthep Cape is one of the best sunset spots in Phuket.. Head there around 5:30-6:00pm to see a beautiful end to a day.

PHUKET OLD TOWN

The best time to head to Phuket Town for a nice cultural walk and night market adventures is on Sundays. A good time to come would be around 4:30pm onwards as it is not that hot to do some exploring. Check out Sunday Walking Street Night Market on Thalang Road and go on a major food trip and local shopping.

ISLAND HOPPING AND WATER SPORTS ADVENTURE

Phuket is a haven for island hopping and watersports adventure. Contact our team for more information and we can help you with booking and options.

WHERE TO EAT ? We have our very own Smoothie Bar so don't you worry about getting the replenishment needed after a tough BJJ session. We do know it can be a bit of a workout for our BJJ classes. Our smoothie bar offers the best Acai in town. Our supply of goodness comes from one of the best; Sambazon Acai. We also work with Pureprep and can help you arrange meal plans.

Should you need any nutritional advice, we have our very own on-site nutritionist Kristina Levchenko that can assist you with your nutritional needs and health goals.

We are lucky to have a lot of great cafes around the island so make sure you guys check out these places. Do check out the local area and don't be afraid to try out Thai local restaurants as majority of them are really good and clean.

The Local Area places to try!

- Cannelle
- Boost
- Unnis
- Roost Glamping
- Gallery Cafe 15% on Food and Drinks
- Sea Oak
- Wilsons
- Pureprep
- Rustic and Blue
- Surf House
- Ali's BBQ

ACCOMMODATION OPTIONS

Temple Jiu Jitsu is located in Naiharn, Rawai Phuket, Thailand. It is best to find accommodation near Naiharn beach as any accommodation walking distance from the beach is also walking distance from our gym.

For long term accommodation. Check out the local airbnb offers.

Should you need assistance from our team. We offer concierge service which will be 25% cost on top of accommodation and other services booking.

Again we thank you for choosing Team Temple Jiu Jitsu as your training destination.

Sincerely,

-Team Temple Management Team.