

SLAPBUMP

# NEWSLETTER

Edition: May 2026



## A message from Kiron...

Welcome to the official SlapBump Newsletter: May 2026. Ja... we finally did the thing.

SlapBump has always been about one simple idea: bringing the Jits community together. No politics, no nonsense, just good people, good training, and helping each other grow in all areas of life, not just jiu jitsu.

Whether you're brand new and still figuring out how to tie your belt, or a seasoned savage chasing your next comp, or simply an observer... whether you run a gym, a business, or just love the lifestyle, you're part of this.

We're here to back you, share your story, and help push the whole community forward.

*Lekker julle,  
geniet dit*

## In this edition...

- ➔ Upcoming Events
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- ➔ The Confidence Project
- ➔ What SlapBump brings you
- ➔ Gym Tip
- ➔ Self Care Tip
- ➔ Gym Article: A Long Road Home: 10th Planet Jiu Jitsu Arrives in Cape Town
- ➔ May Specials
- ➔ May Classifieds

## UPCOMING EVENTS

May & June 2026

### SEMINARS

9 May: Control After Takedown, GAU  
9 May: Head Locks & Live Rolling, CPT

### COMPETITIONS

9 May: Mat Battle Series 1, GAU  
16 May: Heat City Open 1, KZN  
23 May: Midlands Grapple Fest, KZN  
30 - 31 May: Submission Kings, GAU  
30 - 31 May: AJP Tour, CPT  
6 June: Ground Quest, KZN  
13 - 14 June: Grappling Industries, GAU

### SPECIAL OPEN MATS

24 May: Ladies Open Mat, GAU  
24 May: The Pack, GAU  
28 June: Ladies Open Mat, GAU

Visit our Calendar Page for more info

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quest article

# HOW BJJ BUILDS FUNCTIONAL STRENGTH

## Why More South Africans Are Trading the Gym Floor for the Mats

written by  
Riaan du Plessis - Modern Day Warrior

If you walk into a Brazilian Jiu Jitsu academy for the first time, there's a good chance you'll be slightly confused. Not concerned... just confused. Because from the outside it looks like a martial art. You might imagine spinning kicks, dramatic punches, and the occasional flying ninja move that would make an action movie proud.

Instead, what you will probably see is two grown adults tangled together on a mat in what looks suspiciously like a very technical argument about personal space. One person is trying to escape. The other is calmly trying to choke them. Nobody looks angry. In fact, most people are smiling. Every now and then someone taps the mat and both athletes reset like nothing unusual just happened.

## Welcome to Brazilian Jiu Jitsu.

To the untrained eye it might look chaotic, slightly uncomfortable, and occasionally like two people wrestling over the last piece of garlic bread at a braai. But what's actually happening is something remarkable. Brazilian Jiu Jitsu is quietly developing a type of strength that most traditional workouts struggle to build: *functional strength*.

Across South Africa, more and more people are discovering that BJJ isn't just a martial art. It's one of the most complete training systems available.

### Gym Strength vs 'Life Strength'

Most people associate strength with lifting weights. You walk into a gym, grab a barbell, add some plates and attempt to lift something heavy while trying to look like you definitely meant to lift that much weight.

There's absolutely nothing wrong with that. Strength training is incredibly valuable. But traditional gym workouts often isolate

muscles. Monday might be chest day, Tuesday legs, and Wednesday arms. By Thursday you can barely open a jar of peanut butter.

Real-world strength works differently. Life doesn't isolate muscles. When you move, lift, carry, or wrestle with your friend over the last boerewors roll, your entire body works together as a system.

This is exactly what BrJJ trains. Every movement in BJJ involves the legs, hips, core, back and arms working together. Balance matters. Coordination matters. Timing matters.

### Learning to Move Another Human Being

In the gym you might squat a barbell. The barbell, thankfully, does not try to escape. It doesn't roll away, counter your technique, or suddenly reverse the position and sit on your chest.

A training partner in BJJ does all of those things. Your opponent shifts their weight, resists your movement and constantly tries to regain control. This forces your body to develop adaptable strength. Sometimes you need explosive power to escape. Other times you need patience and pressure to maintain control.

### The Core: The Engine of Jiu Jitsu

If there is one part of the body that BJJ develops exceptionally well, it is the core. Escaping from mount requires a powerful bridge from the hips. Sweeps rely on rotational strength through the midsection. Maintaining guard requires stability and control.

Over time practitioners develop incredibly strong cores simply by performing these movements repeatedly without needing endless sit ups while staring at the gym ceiling wondering how things escalated this far.

### Grip Strength: The Unexpected Superpower

Another physical adaptation that surprises many students is grip strength. In Gi Jiu Jitsu your hands constantly control collars, sleeves, lapels and pant legs. Maintaining those grips while someone actively tries to break them builds serious forearm endurance.



## THE CONFIDENCE PROJECT

The SlapBump Confidence Project allows BJJ gyms to support a meaningful social initiative while helping a child and staying fully in control of their time, capacity, and environment.

### WHAT THIS IS

- A referral-based initiative, coordinated by SlapBump
- Selected children are offered 1 month of kids classes at no cost
- No obligation for the gym or family beyond the free month

### WHAT THIS IS NOT

- Not behavioural therapy
- Not a placement program
- Not a dumping ground for "problem kids"

### WHY PARTICIPATE

- Genuine community impact aligned with BJJ values
- Positive visibility as a SlapBump Confidence Project Partner
- Many families continue training after the free month, often bringing siblings or parents

### INTERESTED?

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After a few months, many practitioners discover they suddenly have the grip strength required to open every stubborn jar in the house. This makes you very popular at family dinners.

### Strength Under Pressure

Perhaps the most valuable strength BJJ develops is the ability to remain calm under pressure. At some point someone will sit on you. Not aggressively. Not maliciously. Just strategically. Instead of panicking, experienced athletes learn to breathe, relax, and wait for the right moment to escape.

That calmness becomes one of the most valuable life skills developed through training.

### The Growth of Brazilian Jiu Jitsu in South Africa

Over the last decade BJJ has grown rapidly

across South Africa and all major cities now host thriving BJJ communities.

Part of the appeal is practical self defense. Another part is the sense of community that develops on the mats.

In many gyms you will see professionals, students, parents and athletes all training together. Titles matter far less than effort.

### Final Thoughts

BJJ builds functional strength, resilience, and confidence in a way few activities can. It develops the body as a complete system while teaching patience and problem solving.

And once you begin training, you may find yourself explaining to confused friends why spending an evening trying to escape from someone sitting on your chest is actually a very good time.



#### About the Author

Riaan du Plessis is a BJJ practitioner, owner and coach at Modern Day Warrior in Hartbeespoort where he teaches BJJ and MMA classes focused on building confidence, discipline, and practical martial arts skills.

Hartebeestpoort, North-West, South Africa  
[CLICK HERE FOR MORE INFO](#)



## GYM TIP

Life exists online now. If you are not online... you are invisible.

Potential members google "gyms near me", they ask on Facebook groups, they use Instagram as a search engine... so make sure you pop up when they are looking. Word of mouth helps, but people now want to back up their friends advice and make sure you are legit, and they do that by seeing if you are present online.

Get a website (even if its basic), and make sure you have at least one active social media page.

## WHAT SLAPBUMP BRINGS YOU

Gym Directory & Map of all the Gyms in SA

Supplier Directory for products & services for BJJ

Up-to-Date Calendar for all Events

Open Mats so you always know where to roll

Amazing playlists for training

Black Belt Directory & Profiles

SA Athlete Directory & Profiles

Private Coaching Directory & Profiles

Submissions Directory

Visit the website now



## SELF CARE TIP

If your gear STINKS... people aren't necessarily going to tell you. They'll tell each other... but they won't tell you. So don't be "that guy".

A simple tip to make sure your gear is fresh... soak your gear in water with some bicarb, white vinegar and a few drops of peppermint essential oil. After around 20 min, chuck it in your washing machine. Easy peasy.

OR... grab **GEAR SPRAY** from [www.kleen.health](http://www.kleen.health) and start treating your gear immediately after training.

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...AND SO MUCH MORE WITH EVEN MORE TO COME



## A Long Road Home: 10th Planet Jiu Jitsu Arrives in Cape Town

*Building a gym, a team, and making an impact beyond the mats.*

10th Planet Cape Town is one of the newest additions to the South African Jiu Jitsu scene, but it has already started to build real momentum.

Built around the no-gi system developed by Eddie Bravo, the focus is modern, creative grappling that encourages experimentation, problem solving, and constant evolution. The aim is not just to repeat techniques, but to explore Jiu Jitsu in a way that keeps it fun, dynamic, and alive.

This is not a stiff or traditional academy. The goal is simple: make training the best hour of someone's day. A place people actually look forward to coming to, where they can learn, laugh, roll hard, try new things, and leave feeling better than when they arrived.

Based in Blouberg, the response has been immediate. Founding memberships sold out before opening, and the mats have been full ever since.

### A Long Road Home

Behind the academy is Ben Smith, originally from South Africa.

After 16 years in the UK, Ben trained at 10th Planet Redditch under 10th Planet Black Belt, James Whiston, working his way from white belt to brown belt within the system. Along the way, he began coaching and developed a real passion for helping people improve through Jiu Jitsu.

Results mattered, as they do in any combat sport.

**But over time, what stood out most was seeing people grow in confidence, change how they carry themselves, and genuinely improve their lives through Jiu Jitsu.**

At the same time, Jiu Jitsu became something much bigger than training. It built a life around it. Friendships, connection, and a sense of belonging formed across gyms, countries, and cultures. Many of those friendships started as simple training rounds and became lifelong relationships.

That combination of growth, community, and enjoyment is what eventually led to the decision to come home.

Returning to Cape Town meant more than opening a gym. It meant creating a space that captures everything Jiu Jitsu had given along the way.

A place where people can train hard, but also have fun. Try things. Be creative. Not take themselves too seriously. And genuinely enjoy the process of learning.

### A Seminar With Purpose

The academy hosted a charity seminar led by Romulo Tozzi, a black belt and wrestler from São Paulo, Brazil, known for his strong, practical style and effective approach to takedowns.

The focus was on stand up wrestling for Jiu Jitsu, giving people tools they can immediately use in live grappling.

The idea for the seminar came from a simple conversation between Ben and Romulo.

Both agreed it should be used to give back. Through a close friend and training partner, Will Francis, who works regularly with a charity in Lavender Hill, the plan quickly came together.

All proceeds will go towards buying food for underprivileged children at Lavender Hill High School. Ben, Romulo, and Will will be delivering the food in person.

The first seminar sold out on the day it was released, and moving forward the academy plans to run more charity seminars with different guests, continuing to use Jiu Jitsu as a way to give back to the community.

### More Than Just a Gym

10th Planet Cape Town is proud to be the only 10th Planet academy on the African continent, joining a global network of over 200 schools worldwide.

Opening the academy with the blessing of Eddie Bravo is a privilege that means a great deal.

The goal is simple. Build a strong team. Have fun. Develop high-level grapplers. And establish the 10th Planet system in Cape Town and South Africa.

**This is just the beginning.**



*Follow Will*

*Follow 10th Planet*



## LIST WITH US - IT'S FREE

### LIST YOUR GYM

Get your own page dedicated to details about your gym, open mats, coaches and more

LIST NOW

### LIST YOUR BUSINESS

List your BJJ business with links to your featured products

LIST NOW

### LIST YOURSELF

Are you a Black Belt or perhaps an SA Athlete competing abroad? Offering Private Sessions?

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# MAY SPECIALS



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QUICK SPRAY & BODY WASH  
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ANTIBACTERIAL

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# CLASSIFIDES

DO YOU HAVE A BUSINESS OF YOUR VERY OWN?  
LIST IT BELOW AND HELP PEOPLE FIND YOU AND SUPPORT YOU.

**MODERN PRIMAL.** Quit diets that never stick or leave you feeling starved, grumpy, tired and stressed. Choose a primal lifestyle that is simple and has consistent results. Try a FREE 30 Day Primal Lifestyle Reset.

Contact: Kiron | WhatsApp: 0824464664 | Email: hello@modernprimal.co.za | Website: www.modernprimal.co.za

**BEAUTY & EYELASH GURU.** We offer a wide variety of beautiful services in one location - Eyelash Extensions, Facial Peels, Microneedling, Laser Hair Removal, Permanent Makeup, Waxing, Ear Piercing, Plasma Skin Tightening, Skin Tag Removal, Nails, Toes and Hair.

Contact: Kim | WhatsApp: 0825739897

**TATTOOS BY TORY.** Custom tattoos - fineline, black and grey realism, script.

Contact: Tory | WhatsApp: 0838057654 | Email: Tattoosbytorysa@gmail.com | Website: www.tattoosbytory.co.za

**PET BOUND CO/WAR DOG TACTICAL.** We manufacture tactical equipment and dog products.

Contact: Tyrone | WhatsApp: 0844865356 | Email: Tyrone@petbound.co.za | Website: www.petbound.co.za

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# CLASSIFIEDS CONTINUED...

**TAPLAB.** TapLab is a jiu-jitsu clothing brand focussing on bringing out your inner child with their colourful and nostalgic designs

Contact: Zanandi | WhatsApp: 083 651 9158 | Email: zanandivanderberg@gmail.com | Website: www.taplab.co.za

**THE SPUD SPOT.** My business is all about next-level loaded spuds. Think golden, crispy skins with a fluffy center, coated in garlic butter and melted cheese, then finished with your pick of protein and extra toppings. Simple ingredients, big comfort.

Contact: Warda | WhatsApp: 0783805031 | Email: Madzali2004@gmail.com | Instagram: @The.spud.spot\_

**KLEEN.** Explore a curated range of antibacterial essentials created for bodies that train hard and move daily. Powered by effective, naturally derived ingredients, kleen helps keep skin fresh, balanced, and protected without unnecessary chemicals.

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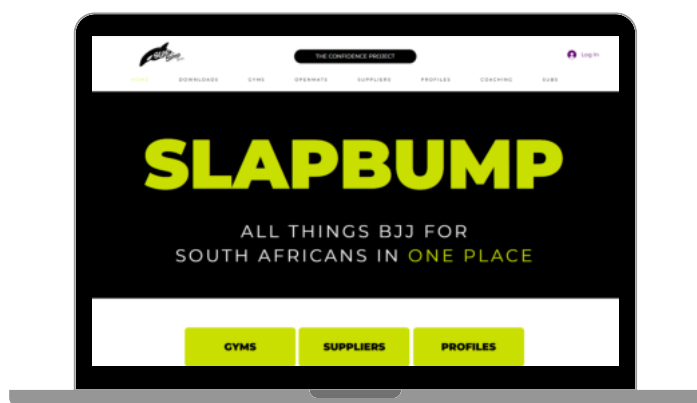
**THE GRIP SHOP.** We supply a range of devices for strengthening your grip.

Contact: Brandon | WhatsApp: 0828907200 | Email: info@gripshop.co.za | Website: www.gripshop.co.za

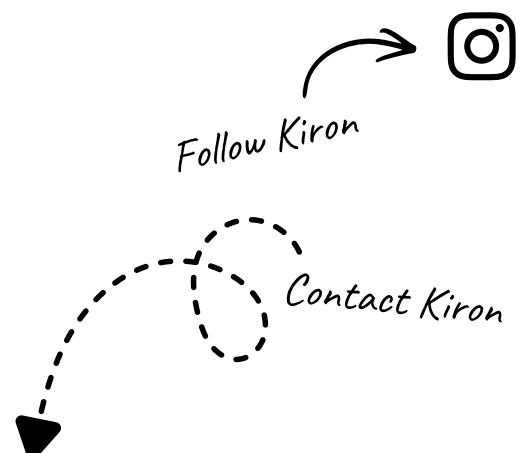
**WELL... THIS MARKS THE END OF OUR OFFICAL MAY 2026 NEWSLETTER. THIS LITTLE PIECE OF TEXT IS TO SAY THANK YOU FOR READING THIS FAR... AND I ALSO NEED TO FILL SOME BLANK SPACE (HONESTY IS THE BEST POLICY)**

Prepare yourself... these will be coming out monthly with incredibly interesting, cool and valuable info that you will be waiting to read with great anticipation.

If you want to get involved, write an article, tell us about your gym, tell us about your mission, your business, anything... reach out to me at 0824464664 and let's chat.



*Byeeee  
xoxo*



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