

SLAPBUMP

NEWSLETTER

Edition: June 2026



A message from Kiron...

Jiu Jitsu is fun... right? YES. A huge, happy, resounding YES!

If you are not smiling and enjoying your time on the mat then what are we here for? Sure, respect your coaches, training partners, yourself and the gym - that goes without saying. But have fun man. Play. Laugh. It doesn't always have to be so serious.

One thing I can promise you is this: when you approach training with a playful mindset, everything changes. You enjoy it more. You perform better. You grow faster. And somehow, even the tough sessions become the ones you look forward to most.

As I always say... playtime

In this edition...

- ➔ Upcoming Events
- ➔ Guest Article: Why BJJ Athletes Should Include Strength Training
- ➔ The Confidence Project
- ➔ List with us
- ➔ Gym Tip
- ➔ Self Care Tip
- ➔ A few surprises & new developments
- ➔ June Specials
- ➔ June Classifieds

UPCOMING EVENTS

June & July 2026

SEMINARS

20 June: Ali Mirza, GAU

COMPETITIONS

6 June: Ground Quest, KZN

13 - 14 June: Grappling Industries, GAU

27 - 28 June 2026: Mat Battle Series, GAU

SPECIAL OPEN MATS

16 June: Ladies Open Mat, CPT

21 June: Resurrection Grappling, GAU

26 June: Ladies Open Mat, GAU

28 June: Ladies Open Mat, GAU

28 June: The Pack Open Mat, GAU

WHATSAPP ME TO ADD YOUR EVENT

Visit our Calendar Page for more info

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guest article

WHY BJJ ATHLETES SHOULD INCLUDE STRENGTH TRAINING

written by Zane Mason – Physique & Performance Coach

Brazilian Jiu Jitsu already develops a unique type of strength. Anyone who has rolled with a strong grappler knows there is a major difference between someone who is “gym strong” and someone who is genuinely difficult to move on the mats. Grip strength, pressure, positional control, explosiveness, and the ability to stay composed under fatigue are all qualities that develop naturally through training.

So if BJJ already builds strength, why should athletes still lift weights?

Building Strength That Transfers to the Mats

When structured correctly, strength training can improve performance, reduce injury risk, and help athletes stay healthier and more durable long-term. The important part is understanding that more is not always better.

A stronger athlete is generally harder to control. Strength training can improve posture, takedown strength, grip endurance, and explosiveness during scrambles and transitions. It can also improve force production during bridges, escapes, and submissions while helping athletes maintain better positional stability under pressure.

One of the biggest benefits of strength training is improved efficiency. When an athlete develops higher levels of strength, many of the movements performed during rolling require a lower percentage of their maximum effort. Over time this can improve conditioning and reduce fatigue accumulation during hard rounds or competitions.

Injury Prevention and Longevity

Strength training can also play an important role in injury prevention and longevity. BJJ places repetitive stress on the shoulders, elbows, knees, neck, lower back, and hips. A properly designed strength program helps strengthen connective tissue, improve joint

stability, and develop the musculature that supports these areas.

Research has consistently shown that properly structured strength training can significantly reduce overall sports injury risk while improving long-term durability and resilience in athletes.

For athletes training several times per week, this can make a major difference over the long term. One of the biggest advantages of strength training is not simply becoming stronger, but staying healthy enough to continue training consistently.

When More Training Becomes the Problem

This is where many athletes make mistakes.

More lifting does not automatically equal better performance. BJJ already places a significant recovery demand on the body, especially for athletes training hard multiple times per week. When high-volume lifting is added on top of intense grappling without proper recovery, performance can actually begin to decline.

Many athletes I have worked with came to me feeling constantly fatigued, dealing with recurring injuries, and struggling to recover properly between training sessions because they were simply doing too much in the gym on top of their grappling.

Over time, excessive training volume and incomplete recovery can lead to chronic fatigue, increased joint stress, reduced mobility, poor sleep, and a higher risk of injury. Many athletes unknowingly spend months constantly tired, sore, and under-recovered while believing they simply need to train harder.

The goal should never be to do as much training as possible. The goal is to recover well enough to continue progressing consistently.

Finding the Right Balance

Strength training for combat athletes should support BJJ training not compete with it. This usually means managing training volume intelligently, prioritising recovery



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?

FIND OUT MORE HERE

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and focusing on performance rather than simply chasing fatigue in the gym.

For many athletes, two well-structured strength sessions per week can produce far better results than trying to lift heavy five or six days a week while also rolling hard. The best programs are individualised around the athlete's goals, recovery capacity, training frequency, and competition demands.

BJJ training itself will always remain the priority for improving on the mats. But intelligently programmed strength training can help athletes become stronger, more explosive, more resilient, and more durable over the long term.

The key is balance.

Train hard enough to improve, but recover well enough to continue progressing.



Book a consult



About the Author

Zane Mason is a Brazilian Jiu Jitsu Brown Belt and coach specialising in physique development, strength training, and performance nutrition for combat athletes.

Online Coaching Available
[CLICK HERE FOR MORE INFO](#)



LIST WITH US... IT'S FREE

GYMS

Make sure your gym is listed and mapped correctly so people can find you.

LIST HERE

SUPPLIERS

Rashguards? Gis? Apparel? Supplements? Coaching? Anything to do with jiu jitsu... list with us

LIST HERE

SEMINARS

We want your seminars fully booked. DM us and tag us in your posts so we can add it to our live calendar.

OPEN MATS

Get more people on your mat. Check your info on the website and DM us with any updates.

IF YOU RUN ANY SPECIALS ON YOUR PRODUCTS OR HOST ANY SPECIAL EVENTS, WE WANT TO SHARE SO GET IN TOUCH ASAP

Visit the website now



GYM TIP

Parents are already sitting at the gym during kids class... so why not get them training too?

Run a boxing, fitness, or beginner grappling class at the same time as your kids class. Parents get their workout in, kids stay focused (because let's be honest... kids act differently when mom and dad are watching), and your gym creates an extra stream of revenue.

One of the easiest ways to grow your kids program is with a simple message:

"Train while your child trains."



SELF CARE TIP

If your armpits or sweat smells like something crawled into your gi or rashie and gave up... listen up.

A surprisingly simple fix?
Clove tea.

Clove has natural antibacterial properties and many people swear by it for helping reduce strong body odour from the inside out. Drink a cup regularly, stay hydrated, and combine it with proper hygiene and clean gear.

Because nobody wants to be known as "that guy" in side control.

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4 DAY RETREAT

Wednesday 30 September
to Sunday 4 October 2026

We will be punching, kicking and rolling whilst unwinding in nature at the Sima Kade Sky Terrace. Come enjoy the gorgeous Magaliesburg nature in prime summer time.

FEATURING:
Adam Shahir Kayoom

- 2x Muay Thai World Champion
- 4th Degree Brazilian Jiu-Jitsu Black belt under Ricardo Liborio.
- Former ONE FC MMA Veteran
- Former Striking Coach for American Top Team
- Former head MMA coach at Evolve MMA



**EXPLORE
HERE**

EXPERT COACHING

Experience focused sessions and world class instruction in Muay Thai, BJJ Grappling, as well as Mobility & Recovery for injuries.



ACCOMMODATION

4 Nights in the majestic hills of Magaliesburg. Available are Silo's under the stars and rooms leaving behind the sounds of the city.



FOOD & CATERING

Our On-Site Caterer provides 2 meals a day (Breakfast & Dinner). There is also a communal Kitchen freely available to all members.



Please note that spaces are limited and will work on first-come-first-serve basis.

CAN YOU GUESS WHAT'S DROPPING NEXT MONTH?

The Jits Shop is bringing in something seriously exciting... and trust us...

Start hiding some cash now, because you're definitely going to want to spoil yourself when this lands.

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SURPRISE SURPRISE!

APOCALYPSE EVOLVES. APX ARRIVES.



What started as Apocalypse Fight Gear has grown into something bigger.

Over the years, we've built a community founded on resilience, discipline, and the relentless pursuit of improvement. Now it's time for the next chapter.

Apocalypse Fight Gear is evolving into APX.

The mission remains the same. The mindset remains the same.

The standards remain the same. Built for Resilience. Made to Dominate.

This month we'll be launching the new APX website, featuring new collections, a refreshed brand identity, and the future of APX.

To everyone who has supported us so far. Thank you.

This isn't the end of Apocalypse.
It's the evolution.
Stay tuned.
The APX era begins soon.

[EXPLORE HERE](#)

We're excited to officially introduce 🎙️ **Raising Champions**
The QuanWessels Podcast.

This new series explores how Brazilian Jiu Jitsu and martial arts help children grow physically, mentally and emotionally, both on and off the mats.

We'll be speaking to coaches, parents, athletes and experts about confidence, discipline, focus, resilience, child development and more.

This is more than Jiu Jitsu.
This is Raising Champions.

[WATCH THE INTRO HERE](#)



COMING SOON

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JUNE SPECIALS



SHOP NOW



SHOP NOW



FIND OUT MORE

CLASSIFIEDS

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

VENISON. Keep your diet clean and buy top quality, well-priced & freshly hunted game meat.

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

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PETERS SHIRTS. Top-quality branded uniforms, kit and more for your gym?

Contact: Anthony | WhatsApp: 082 855 6768 | Email: info@peterstshirts.co.za | Website: www.peterstshirts.co.za

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.

Contact: Kiron | WhatsApp: 0824464664 | Email: hello@kleen.health | Website: www.kleen.health

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

If you made it all the way down here, firstly... thank you.

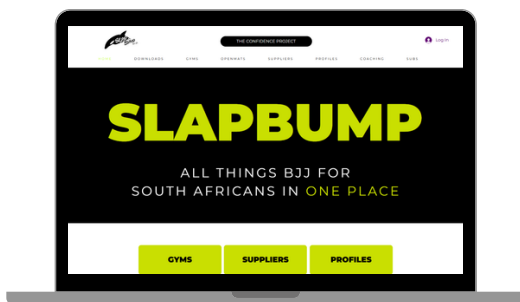
Secondly... your attention span is better than most people's guard retention.

Hopefully somewhere in these pages you found something useful, motivating, entertaining, or at the very least something to read while pretending to work. Remember... train hard, but don't forget to enjoy it. Laugh during rolls. Try weird things. Tap often. Learn constantly. And appreciate the fact that we all get to share this slightly unhinged hobby together.

Anyway... we'll be back next month with more events, stories, tips, chaos, and cool stuff from around the South African Jits community.

Lekker julle... keep rolling 🍷

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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