

SLAPBUMP

NEWSLETTER

Edition: August 2026



A message from Kiron...

One of the funniest things about jits is how much time people spend worrying about everyone else's journey.

"How did they get promoted already?"

"Why does that gym do it like that?"

"Why does she wear that?"

"Why are they training there now?"

"Did you hear what happened at..."

Sound familiar?

The truth is, none of those things make you any better at Jiu Jitsu.

When you first stepped onto the mats, you probably weren't thinking about any of that. You just wanted to learn BJJ. Somewhere along the way, it's easy to get distracted by everything happening around us.

But I encourage you to focus on YOUR journey.

Some people train to become world champions.
Some train to lose weight.

Some want confidence. Others are there because it's the one hour of the day where life finally goes quiet. Some want to make new friends.

None of those reasons are more important than another.

Figure out why YOU train, and protect that reason.

If another gym promotes belts differently, that's okay.

If someone wears outfits you don't like, who cares.

If someone trains five days a week and you can only make two sessions, that's okay too.

Comparison is one of the quickest ways to steal the joy from something you love.

Instead, focus on becoming just a little better than you were yesterday.

And everytime you find yourself judging others or other gyms, please remember this...

Don't be a doos. Be lekker.

See you on the mats.

As I always say... playtime

August & September 2026

UPCOMING EVENTS

EVENTS

28 August: TFSA

SPECIAL OPEN MATS

9 August: Ladies Open Mat

9 August: Rolling to the Beat

WHATSAPP ME TO ADD YOUR EVENT

Visit our Calendar Page for more info

COMPETITIONS

29-30 August: Submission Kings

5-6 September: ADCC

5-6 September: Grappling Industries

5 September: Ground Quest

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THE HIDDEN HYGIENE PROBLEM IN COMBAT SPORTS

written by Kiron Smit - SlapBump

Last year we asked our Instagram community a simple question:

"Where do you think the biggest hygiene problems are in your gym?"

The answers weren't what we expected.

Most people understand the basics:

- Wash yourself after training.
- Wear clean gear.
- Don't train if you have a suspicious skin infection.

But what stood out was something much bigger. Many athletes felt that the biggest risks weren't individual hygiene, they were the gym systems themselves. That doesn't mean gyms are "dirty." In fact, most academies work incredibly hard to keep their facilities clean. The challenge is that clean isn't always the same as disinfected.

A quick mop after class is important, but bacteria and fungi can still survive in places that are easy to overlook.

Things like:

- Underneath & between mats.
- Wall pads and cage walls.
- Crash mats used occasionally.
- Shared equipment.
- Storage areas.
- Loaner gis and gloves.
- High-touch surfaces like door handles and bathrooms.

Deep cleaning isn't something that needs to happen every day, but it does need to happen regularly.

Hygiene Is More Than Cleaning Mats

One of the biggest themes that came from the poll wasn't actually about cleaning. It was about communication. Many athletes said they didn't know what their gym's hygiene rules were because... there weren't any.

Simple rules can make a massive difference, such as:

- Wear shoes whenever you're off the mats.
- Never walk from the bathroom onto the mats barefoot.
- Wash your gi, rashguard and belt after every session.

- Keep nails trimmed.
- Cover cuts immediately.
- Tell your coach if you suspect a skin infection.
- Stay off the mats until you've been medically cleared.

These aren't about embarrassing anyone. They're about protecting yourself and your training partners.

The Hardest Conversation

Perhaps the biggest issue raised was this:

What happens when someone actually gets Staph or another skin infection?

Many gyms don't have a clear protocol. Some athletes aren't sure whether they should tell their coach. Some coaches aren't sure when it's safe for an athlete to return. Sometimes other members aren't informed that there has been a case, not to shame anyone, but so everyone can monitor their own skin, clean equipment thoroughly, and seek treatment early if necessary.

Having a clear process removes the uncertainty. Everyone knows what to do, and everyone stays safer.

We're Here to Help

At SlapBump, we believe education is one of the best ways to reduce infections in our community.

That's why we've partnered with Klean to create a free collection of downloadable resources that any gym can use, including:

- Gym hygiene rules posters.
- Athlete hygiene checklists.
- How to identify common skin infections.
- What to do if you suspect Staph.
- Recommended outbreak protocols for coaches.
- Cleaning checklists for gym owners.

Feel free to download them, print them, share them, or adapt them for your academy. If they help prevent even one infection, they've done their job. [GET IT HERE](#)

There Isn't Just One Solution

Good hygiene isn't about buying one particular product.



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



It's about building good habits.

If you're looking for hygiene products designed for combat sports, South Africa currently has several brands working to support the community, including:

- kleen
- SportShield
- Contact Panda
- RollClean Co

Click & Follow

Each offers products aimed at helping athletes and gyms maintain good hygiene before and after training. The most important thing isn't which brand you choose, it's that you and your gym have a consistent hygiene routine.

Let's Raise the Standard Together

Combat sports are built on trust. We trust our training partners with our safety every time we step onto the mats. Good hygiene is simply another way we show that respect.

The goal isn't perfection. It's creating gyms where everyone - from the newest white belt to the oldest black belt - can train with confidence.

Let's keep South African grappling healthy, one academy at a time.



About the Author

I started SlapBump with the purpose of creating a central hub for all jits enthusiasts to find anything and everything they need. If you want to share your journey, your gym, your products... anything... just tag us or reach out to me directly.

Follow along



**BRING A FRIEND.
GROW YOUR GYM.**



GYM TIP

Host a Monthly "Bring a Friend Week."

Instead of offering free trials all year, dedicate one week each month where every member can bring a friend to train for free. It creates excitement, fills your classes with potential new members, and removes the intimidation of walking into a gym alone.

At the end of the week, offer visitors a limited-time joining special, such as no joining fee or a free rashie. Your members become your best marketers, and referrals are often the easiest and most effective way to grow your academy.

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



SELF CARE TIP

Keep a spare toothbrush and toothpaste in your gym bag.

We've all rushed straight from work or school to training. Keeping a toothbrush and toothpaste in your bag means you can quickly freshen up before stepping onto the mats.

Your training partners will appreciate it, and you'll feel more confident during those close-contact rolls.

Fresh breath is a small habit that makes a big difference.

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PROTECT YOUR SMILE.

Custom mouth guards crafted by dental professionals with 30+ years of experience. Built for athletes who refuse to compromise.



WHY YOUR MOUTH GUARD MATTERS MORE THAN YOU THINK

Most of us don't think about our mouth guard until someone catches us with a knee, elbow, or accidental head clash.

Unfortunately, by then it's often too late.

Whether you train BJJ, MMA, boxing, Muay Thai, wrestling or judo, your teeth are constantly at risk. It doesn't take a full-power punch to cause damage. A clash of heads during a scramble, an accidental knee during a takedown, or even landing awkwardly can chip, crack or loosen a tooth.

The cost of repairing dental injuries can be significant, but the pain and time away from training can be even worse.

Not All Mouth Guards Are Created Equal

Walk into almost any sports store and you'll find "boil-and-bite" mouth guards. They're affordable, easy to find, and certainly better than wearing nothing at all. But they do have limitations. Because they're moulded at home, they often don't fit perfectly. Over time they can become loose, bulky, or uncomfortable, which is why so many athletes find themselves constantly biting down to keep them in place or adjusting them between rounds.

A properly fitted custom mouth guard is different.

It's made specifically for your teeth, creating a snug fit that stays in place without you having to think about it. That means you can breathe, talk and train naturally while still protecting your teeth.

The less you have to think about your mouth guard, the more you can focus on your training.

Protection You Can Rely On

A well-fitting mouth guard offers several important benefits:

- Better protection against chipped and broken teeth.
- Improved comfort during training.
- It stays securely in place.
- Easier breathing and speaking.
- Less distraction while rolling or sparring.
- Greater confidence during hard rounds.

It's one of those pieces of equipment you hope you never truly test, but you'll be grateful to have when you do.



My Experience

I recently had a custom mouth guard made by Snugfit, where the fitting was done by a qualified dentist. The process was super simple, and the difference was noticeable from the first training session. Instead of constantly adjusting it or biting down to keep it in place, it simply stayed where it was supposed to. It felt secure, comfortable, and much less bulky than the boil-and-bite mouth guards I'd used in the past.

It's one of those upgrades that you don't fully appreciate until you've trained with one.

Think Long-Term

We spend money on gis, gloves, rash guards and competition entry fees without thinking twice.

Yet the piece of equipment that protects something you'll need for the rest of your life is often an afterthought.

Your teeth don't heal the way muscles do. A quality mouth guard isn't just another accessory, it's an investment in protecting your smile, your health, and your future.

If you're serious about combat sports, it's worth considering a professionally fitted mouth guard. Your future self may thank you for it.

The best mouth guard is the one you'll actually wear every session.

If yours is uncomfortable, loose, or constantly falling out, it may be time to consider an upgrade. After all, prevention is always easier, and cheaper, than repairing damaged teeth.

Contact [SNUGFIT HERE](#) to get your custom-fitted mouth guard

MOST POPULAR

STANDARD GUARD

R800

Custom-fitted, non-orthodontic sports mouthguard. Crafted from your dental impression.

INCLUDES COLOUR · NAME · LOGO

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DO NOT MISS THIS!



**Many well-known faces from our BJJ community are competing at this exciting event.
Let's show our support.**

South Africa's premier freestyle wrestling event series

True Freestyle South Africa (TFSA) is a homegrown wrestling event series bringing the excitement of the freestyle format to South African soil.

Based in Pretoria, TFSA provides a platform for South African wrestlers to compete in a high-energy, fan-friendly environment. From club-level competitors to seasoned national athletes, the mat is open to all.

DATE
28
AUGUST

WHERE
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TICKETS
HERE**

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AUGUST SPECIALS



10% off technical hygiene

Preventing skin infections is possible. Made by athletes, for athletes, SportShield's skin spray is lab tested and internationally verified to kill bacteria, virus, fungus, and spores that threaten your training.

Get 10% off serious skin protection for the month of August with code SLAPBUMP.

SHOP NOW



Ladies get a FREE topping

To all the incredible women who inspire us daily 💜
This Women's Day, treat yourself — one free topping on any bowl, all day, on us. You deserve it!

Ladies get a FREE topping on any bowl, all day. You run the world — might as well run it on açaí 🌴🍓

SHOP NOW



Women's Month Special: Hair Recovery Shampoo, Conditioner & Recovery Hair Mist.

Women's Month is here, and we're celebrating the women who show up, put in the rounds, and somehow still manage to tie their hair back for "just one more roll." 💛

Grab our combo for only R400.

SHOP NOW

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AUGUST SPECIALS



10% off our Fight Like a Girl Rashie

To celebrate the strength, resilience, and courage of women everywhere, we're offering 10% OFF every purchase throughout Women's Month.

But here's the best part... ❤️

100% of that 10% discount value will be donated towards cancer awareness. Together, we can make a real difference while wearing something that represents the fighting spirit of women.

[SHOP NOW](#)



The Herbalist
Holistic Health

15% off Site Wide

unlock your full potential in fitness, performance & every day life. It all starts with nutrition, sleep, exercise and stress management. Investing in these foundations can not only add years to your life but also add life to your years.

Start the journey to becoming the best version of yourself today.

[SHOP NOW](#)

DID YOU MISS OUR PREVIOUS NEWSLETTERS?

DON'T STRESS - THEY'RE AVAILABLE 24/7 ON OUR WEBSITE

[FIND THEM HERE](#)



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REAL FIGHTERS

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APPAREL



PREMIUM FIGHT GEAR, MADE FOR
ATHLETES WHO DEMAND MORE.

SHOP OUR FIGHT GEAR ONLINE
OR CREATE FULLY CUSTOM GEAR FOR
YOUR CLUB, ACADEMY OR TEAM.

YOUR TEAM. YOUR IDENTITY. YOUR FIGHT

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Real fighters WEARit

Premium Fight Gear made for athletes who demand more.

Shop our Fight Gear online or create fully custom gear for your club, academy or team.

**YOUR TEAM.
YOUR IDENTITY.
YOUR FIGHT.**

SHOP NOW

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_](https://www.instagram.com/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.

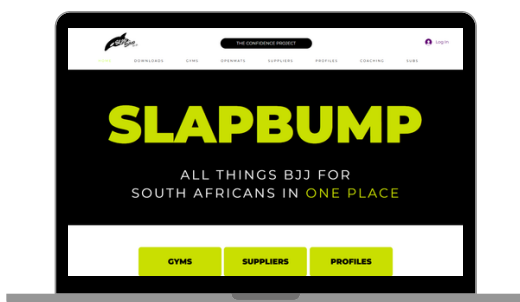
Secondly... your attention span is better than most people's guard retention.

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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