



SIMA

Seattle Integrated Martial Arts

Strengthen your body, open your mind, enhance your life...

Frequently Asked Questions

Q: Can I Start Any Time?

A: Yes! Our membership is ongoing so students can start at any point.

Q: I have no experience; will I be lost in class?

A: Our classes are designed to accommodate people of various levels and our students are extremely helpful. We also offer monthly "New Student/Fundamentals Workshop", a "Mentoring Program", and set times for one-on-one sessions.

Q: What equipment do I need to start?

A: At first you won't need anything. We require our students to own their own training gloves, school shirt(s), and sticks after they enroll which we have for sale.

Q: Do you have belts or uniforms?

A: Our school uniform is the shirt. We do rank but we don't wear any ranking belts with the exception of Brazilian Jui-jitsu.

Q: Do you guys spar in class?

A: Very rarely. We reserve the sparring for the advanced classes.

Q: What class should I start with?

A: That depends on your interest. We normally recommend the IMA classes to get a sense of the cross-training but each person comes with different interests and needs. Give us a call or email and we'll point you in the right direction.

Still have questions? Contact us!

Contact Info

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