

A Beginner's Guide to Choosing the Perfect BJJ Gi

Featured Image:



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The right gear does not just complete a look, it shapes every move, every grip, and every roll on the mat. For anyone just starting Brazilian Jiu-Jitsu, the gi is the single most vital piece of gear to get right from the start.

A poor-fit or low-grade gi can hold back a student's growth on the mat. A high-grade, durable gi, one that fits well, moves freely, and holds up over time, makes each session feel smooth and sharp. That difference shows up fast, whether training casually at a local gym or stepping into the first event.

Elite Sports, one of the best BJJ Gi makers in the game today, has earned its name by crafting top-tier gear for athletes of all levels. As the top source for [world-class BJJ Gis](#) and rash guards for men, women, and kids, Elite Sports backs every product with a focus on strength, fit, and long-lasting use.

Continue reading this guide to learn everything about choosing the perfect BJJ Gi, from fabric and weave to fit, sizing, color rules, and care tips.

1. What Is a BJJ Gi: And Why Does It Matter?



A BJJ Gi (also called a kimono) is the two-piece uniform worn in Brazilian Jiu-Jitsu training and competition. It is made up of a jacket (top) and pants, paired with a belt. The jacket is built from thick woven fabric designed to handle constant pulling and gripping. The pants are lighter but still tough enough for hard use.

In BJJ, the gi is not just clothing; it is part of the match itself. Legal grips on the collar, sleeves, and pant legs are used to set up throws, sweeps, and submissions. This means the gi takes real stress each session. A well-made gi handles that stress without tearing, losing shape, or getting in the way of free movement.

For a first-time buyer, knowing what to look for cuts through the noise and saves time, money, and frustration.

2. Key Factors to Consider When Choosing a BJJ Gi

2.1 Fabric Type and Weave



The weave of a BJJ Gi defines how it feels, how it holds up, and how it handles day-to-day use on the mat. There are four main types in use today:

- **Single Weave:** The lightest option available. Good for warm gyms and casual training sessions, but not the most durable under hard grips and intense rolling. Best for students on a tight training schedule or those training in hot conditions.
- **Double Weave:** Very thick and dense. The extra weight makes grips harder to secure, which some grapplers prefer for tactical reasons. But the added bulk can make it heavy and warm during long sessions.
- **Pearl Weave:** The most common choice in modern BJJ. It strikes the right balance between weight, strength, and breathability. Durable without feeling stiff or bulky. The go-to pick for most students at all levels.

- **Gold Weave:** A hybrid of single and double weave. Light but tough. A solid choice for active grapplers who want durability without the added weight of a double weave.

For most beginners, Pearl Weave is the clear top pick. It is strong enough for hard training and light enough to wear through a full class without feeling drained.

The [Elite Core Black BJJ Men's Gi](#) uses a premium 450 GSM Pearl Weave fabric, a fabric weight that holds up to intense rolling while staying light and cool on the mat. The jacket is made from CVC 60% Cotton 40% Polyester, and the pants are cut from 450 GSM CVC fabric with a rope drawstring for a secure, firm fit.

2.2 Fabric Weight: What GSM Means

GSM stands for grams per square meter. It tells how dense or light the fabric is. This number matters because it affects both how the gi feels and how long it lasts.

- **Under 400 GSM:** Very light. Good for hot gyms and summer training. Less durable over time and may break down faster under hard use.
- **400–550 GSM:** The sweet spot for most grapplers. Strong, durable, and still breathable enough for full training sessions. This range covers most top-tier gis, including the Elite Core line at 450 GSM.
- **Over 550 GSM:** Very thick and hard-wearing. Great for maximum durability, but heavier and warmer to wear. Better suited for those who prefer a stiff, grip-resistant gi.

2.3 Fit and Sizing: Get This Right First

A good fit is one of the key parts of choosing a gi. A gi that is too loose gives an opponent extra fabric to grab and control. One that is too tight limits free motion and can tear at the seams faster under stress.

Here is what a correct fit looks like:

- The jacket hem should rest at or near the hip, not too short, not hanging past the thighs.
- Sleeve ends should sit no more than four fingers past the wrist, long enough to be legal, short enough to avoid excess grip.
- Pant legs should end above the ankle, giving a clean fit that stays out of the way on the mat.
- The gi should allow full, free motion across the whole body, squats, rolls, and open guards, with no pulling or binding at the shoulders or hips.

One critical note: gi sizing is not the same across all brands. Each brand uses its own size chart. Always measure height and weight and use the brand's own chart before placing an order.

2.4 IBJJF Approval: A Must for Competition



For anyone who plans to compete, IBJJF approval is a non-starter without. The International Brazilian Jiu-Jitsu Federation sets strict rules on gi color,

sleeve and pant length, and overall fit. A gi that does not meet these rules means being turned away from the mat at an event.

Most high-grade gis are built to meet these rules. The Elite Core line, for instance, is fully IBJJF approved, ready for both training and competition right out of the box, with no extra prep needed.

2.5 Reinforced Stitching and Long-Lasting Build

Stitching is what keeps a gi from falling apart under stress. In BJJ, the seams take heavy force every roll. Weak stitching tears fast, and almost always at the worst moment possible.

A well-built gi will have:

- Reinforced stitching at high-stress points, collar, cuffs, and side seams, to keep the gi in one piece through years of hard training.
- Contrasting thread at key stress areas, which not only adds strength but also makes it easy to spot wear before it becomes a problem.
- A rope drawstring on the pants for a firm, locked-in fit that stays put through all movement.
- Side slits on the jacket hem for a wider range of leg motion, a small detail that makes a real difference during guard work and trips.

2.6 Color and Competition Rules



BJJ gis come in a wide range of colors. For daily training, color is mostly a personal call. But for IBJJF events, only white, blue, and black gis are allowed on the mat.

For beginners, white is the most classic and widely accepted color. It works at all gyms and meets the rules of all events. Blue and black are strong second choices that also meet most event standards. Colors like green, gray, camo, and red are great for training but may not be allowed at all venues.

3. Why Pre-Shrunk Fabric Is a Big Deal for Beginners

Here is something most first-time buyers do not know: many BJJ gis shrink after the first wash. A gi that fits well on day one can become too tight to wear by the end of the first week, if not washed and dried the right way.

Most brands ask buyers to hand-wash their gis and hang them to dry outdoors. This process takes hours and is hard to keep up with for anyone who trains daily or has a busy schedule.

Elite Sports, the best BJJ Gi manufacturer in the market today, has solved this with a special pre-shrunk fabric across its Core line. The Elite Core gis can be machine-washed and machine-dried, just like regular clothes, with no risk of major shrinkage or warping. This makes caring for a gi fast, simple, and stress-free for anyone who trains on a regular basis.

This is a genuine edge that beginners will feel from the very first wash. No guesswork, no hanging wet gis in the cold, just clean gear, ready to go.

4. BJJ Gis for Men, Women, and Kids: One Size Does Not Fit All

Every athlete trains in a unique body. A gi cut for one body type will not always fit or move well for another. That is why it matters to choose a gi built for the right gender and age group, not just the right size.

Elite Sports, the best BJJ gear producer on the market, offers a full range of gis built for three distinct groups:

- **Men's BJJ Gis:** Built for a classic, full-coverage fit. The tough Pearl Weave fabric and reinforced seams are designed for the demands of hard rolling and event use. Available in a wide range of colors, including white, black, blue, navy, green, gray, and more.
- **Women's BJJ Gis:** Cut to match the female body, giving a better fit and better freedom of movement. The same durable Pearl Weave fabric and

IBJJF-approved build, just shaped to move and work better for women on the mat.

- **Kids' BJJ Gis:** Lightweight and sized for young grapplers, with a durable build that keeps up with active training. Tough enough for the mat, easy enough to move in freely. A great first gi for any child stepping into the sport for the first time.

Every gi across the Elite lineup, for men, women, and kids, comes with a free white belt included. A perfect bonus for any beginner who is just getting started and needs that first belt to tie on and begin the journey.

5. How to Care for a BJJ Gi the Right Way

A high-grade gi lasts much longer with the right care. A few easy habits go a long way toward keeping a gi clean, strong, and fresh for years.

- **Wash after every session.** A gi left unwashed builds up sweat and bacteria fast. Cold water washing is best for most gis, as it is gentler on the weave and stitching.
- **Hang dry when possible.** Air drying keeps the weave intact and helps the stitching hold its shape over time. It also prevents shrinkage in gis that are not pre-shrunk.
- **Use pre-shrunk gis for ease.** With an Elite Core gi, machine washing and machine drying are fully safe. No special steps needed, just wash and dry like regular clothes.
- **Never leave a wet gi in a bag.** A damp gi bundled in a gym bag is a fast track to bad odors and early fabric breakdown. Always air the gi out right after training.
- **Wash inside out.** This protects any patches or print on the outside of the jacket, keeping the gi looking clean and sharp for longer.

With the right care, a well-made gi can last one to three years of regular training, and often longer when treated well from day one.

6. Final Thoughts: Gear Up Right From the Start

Choosing the first BJJ Gi is not a small call. It is the base of every training session, every drill, and every roll. The right gi supports growth on the mat. The wrong one slows it down and gets in the way of real progress.

Focus on the factors that matter most: Pearl Weave fabric in the 450 GSM range, a correct fit based on the brand's size chart, IBJJF approval for competition readiness, reinforced stitching for long-lasting use, and pre-shrunk fabric for easy care.

For beginners who want a strong, light, and durable start, Elite Sports delivers on every front. As one of the best BJJ Gi makers on the market, Elite backs its gis with premium Pearl Weave fabric, IBJJF approval, reinforced stitching, and the ease of pre-shrunk care, for men, women, and kids alike.

Browse the full range of Elite Sports BJJ Gis for men, women, and kids, and step onto the mat with gear that is built to last, built to perform, and built to grow with every roll.