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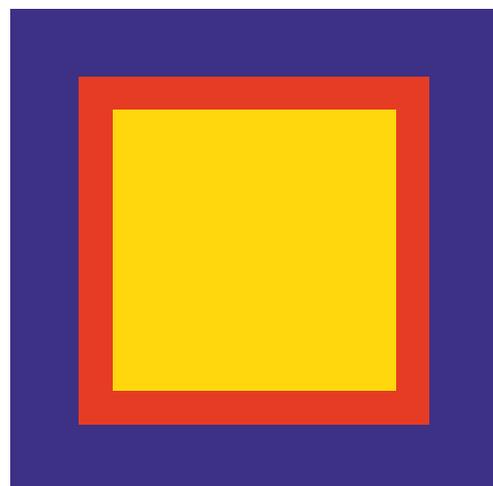
THINK IT // FLOOR IT // WIN IT



**MARTIAL ARTS
MATS
INSTALLATION AND
CARE GUIDE
(TATAMI & SMOOTH
TEXTURE
MATS)**

About Company

Since 1980, Gravolite has been a trusted leader in high-quality sports equipment, specializing in mats and accessories. Our products are relied upon at prestigious National and International events. With full customization options in colors, designs, and thickness, we deliver tailored solutions that meet the highest standards of quality and performance.



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01 Introduction

Martial arts mats are critical in providing the right surface for training, offering cushioning to prevent injuries. This guide focuses on the installation and care of **Tatami-style and Smooth Texture mats**, available in sizes such as **1m x 2m or 1m x 1m**. These mats come in varying densities from **100 to 300**, and thicknesses ranging from **40mm to 60mm**, allowing you to choose the appropriate firmness and cushioning for your practice or competition environment.

02 Types of Wall Pads and Panels

Martial arts mats are available in various styles, sizes, densities, and thicknesses. Here are the key specifications:

- **Tatami-style Mats:** These mats feature a textured surface, designed to resemble traditional Japanese tatami, ideal for arts such as Judo, Brazilian Jiu-Jitsu, or other grappling-based martial arts.
- **Smooth Texture Mats:** A smooth, non-porous surface, ideal for activities like Karate, Taekwondo, or other striking martial arts that require a clean, firm base for footwork.
- **Sizes:** Mats typically come in the following sizes:
 - o **1m x 2m:** Larger area coverage, perfect for big training spaces.
 - o **1m x 1m:** Ideal for smaller spaces or where modular layout is needed.
- **Density:** Density ranges from 100 to 300, with the higher density providing firmer support and the lower density providing softer cushioning.
- **Thickness:** Available in:
 - o **40mm:** Offers light cushioning for less intense activities or areas with reduced impact.
 - o **50mm:** A medium cushioning ideal for most martial arts disciplines.
 - o **60mm:** Provides the thickest support, offering additional protection against falls and impacts.

03 Tools and Materials Needed

- Tatami or Smooth Texture Mats (1m x 2m or 1m x 1m)
- Measuring Tape
- Utility Knife or Mat Cutter (for trimming)
- Chalk Line or Straight Edge
- Floor Leveling Compound (if required)
- Rubber Mallet (for interlocking tiles)
- Double-sided Tape (for securing mats)
- Floor Adhesive (if using permanent installation)
- Trowel (for adhesive, if applicable)

04 Installation Methods

Tatami and Smooth Texture mats can be installed in several ways, depending on your preference for a modular or permanent setup.

Tatami and Smooth Texture Mats

- These mats are often interlocking or roll-out options, designed to be easy to install and remove as needed. Their textured or smooth surface offers different advantages based on your martial art.
- The size of the mats (1m x 2m or 1m x 1m) allows for flexible installation patterns, either in grid formats or custom layouts.
- Mats can be secured using **hook-and-loop fasteners, double-sided tape, or floor adhesive**, depending on the desired permanence.

Density and Thickness Options

- **Low Density (100-150):** These mats provide a softer surface with more cushioning, ideal for arts where frequent falls occur but where mobility is more important than firm support (e.g., Karate or light practice).
- **Medium Density (150-250):** Suitable for most martial arts, offering balanced cushioning and firmness for both grappling and striking arts.
- **High Density (250-300):** Provides firm support for intense training sessions, particularly suited to Judo, Jiu-Jitsu, or other high-impact disciplines

05 5. Installation Process

Step 1: Preparing the Subfloor

- Clean and dry the subfloor to remove any dust, dirt, or debris.
- If the floor is uneven, use a floor-leveling compound to ensure the surface is smooth and even, which helps prevent gaps or mat shifting.
- Measure the space to determine how many mats will be needed to cover the area.

Step 2: Unrolling/Placing the Mats

- For Interlocking Mats: Start in one corner of the room and work across the area, interlocking the mats row by row. Use a rubber mallet to ensure a tight, secure connection between mats.
- For Roll-out Mats: Unroll the mat along the longest wall and smooth it out. Make sure there are no wrinkles or bubbles.
- For Tatami Mats: Place the mats with the textured side facing up, aligning them to ensure they are flush with each other.

Step 3: Securing the Mats

- Interlocking Mats: Use a rubber mallet to gently tap the edges of the mats into place to ensure they interlock securely.
- Roll-out Mats: Use double-sided tape or adhesive to secure the edges to prevent slipping.
- Tatami Mats: Ensure that the mats are tightly aligned with no gaps. If necessary, secure the mats with double-sided tape or floor adhesive.

Step 4: Cutting and Trimming the Mats

- If required, trim mats along edges or corners to fit around walls, obstacles, or irregular areas using a utility knife.
- Leave a slight gap (1/8 inch) between mats and walls to allow for expansion and contraction

06 Post-Installation Care

- **Trim Excess Material:** Ensure that all mats are properly trimmed to fit the space.
- **Secure Edges:** Recheck the edges to ensure they are secure. For roll-out mats, use tape or adhesive to ensure they stay in place.
- **Initial Cleaning:** Vacuum or wipe the mats down to remove any dust or debris from installation.

07 Routine Maintenance

- **Regular Cleaning:** Vacuum the mats regularly to keep them free from dirt and dust. If needed, wipe the mats down with a damp cloth.
- **Deep Cleaning:** For more thorough cleaning, mop the mats with a mild soap solution, avoiding harsh chemicals that could damage the material.
- **Odor Control:** To remove odors, wipe the mats with a mixture of vinegar and water, and allow them to dry completely.

08 Troubleshooting

- **Problem:** Mats are slipping or shifting.
o **Solution:** Use double-sided tape, adhesive, or a hook-and-loop system to secure the mats more firmly. Check the mats' connection for any loose areas.
- **Problem:** Seams between mats are visible or uneven.
o **Solution:** Check that the mats are tightly connected. Use a rubber mallet to press the edges together, and apply floor adhesive or tape for additional security.
- **Problem:** Mats show signs of wear or tearing.
o **Solution:** If mats have significant damage, consider replacing them. For minor tears, use appropriate adhesive or repair kits to restore their functionality.

09 Troubleshooting

Martial arts mats, whether Tatami-style or Smooth Texture, offer vital support for practitioners. Whether installed for long-term use or temporary setups, following proper installation and care practices will ensure that your mats provide a safe, durable, and comfortable training environment for years to come.

