

# Gravolite

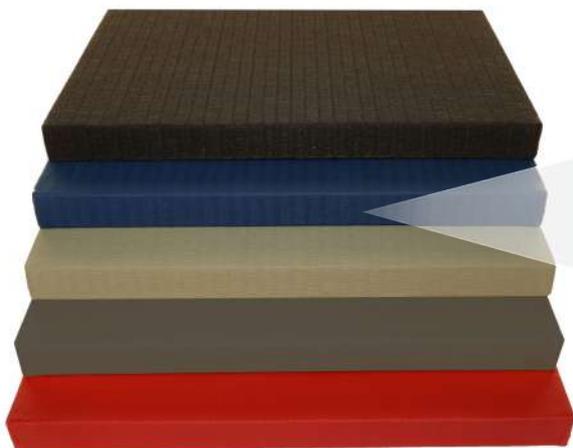
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## JUDO MATS INSTALLATION AND CARE INSTRUCTIONS

### 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

Judo mats, also known as **Tatami-style mats**, are essential for providing the cushioning needed for safe practice during throws and falls. These mats are designed to reduce impact, ensuring safety while maintaining a firm surface for practicing the techniques of Judo. This guide will provide you with the proper steps to install and care for **Tatami-style or Smooth Texture mats**, which come in sizes of **1m x 2m or 1m x 1m**, and are available in varying densities and thicknesses, ideal for Judo training.

## 02 Types of Judo Mats

Judo mats are available in the following types:

- **Tatami-style Mats:** Textured mats designed to offer the correct amount of grip for Judo practitioners while providing cushioning to reduce injury during falls. These mats are the most commonly used for Judo training.

- **Smooth Texture Mats:** A smooth surface mat ideal for striking arts but can be used for Judo when smoother surfaces are preferred for specific drills or activities.

- **Sizes:**

**1m x 2m:** Typically used in large training areas, perfect for continuous coverage.

**1m x 1m:** Ideal for smaller areas or modular setups where customization is necessary.

- **Density:** Typically ranges from 150 to 300.

**Low Density (150-200):** Softer mats, ideal for lighter falls or non-competitive training.

**High Density (200-300):** Firmer mats, providing better protection during high-impact throws or competition-level training.

- **Thickness:** Available in 40mm, 50mm, and 60mm thicknesses, where thicker mats offer more cushioning for falls.

## 03 Site Preparation

- Judo Mats (Tatami-style or Smooth Texture, 1m x 2m or 1m x 1m)
- Measuring Tape
- Utility Knife or Mat Cutter
- Chalk Line or Straight Edge (for alignment)
- Floor Leveling Compound (if required)
- Double-Sided Tape or Floor Adhesive (optional, for securing mats)
- Trowel (for adhesive, if using permanent installation)

## 04 Preparing the Installation Site

Before beginning installation, it's essential to prepare the area where the mats will be placed.

- **Clear the Space:** Remove all furniture and debris from the installation area to ensure the mats can be laid out without obstruction.
- **Inspect the Subfloor:** The subfloor should be clean, dry, and level. If the subfloor has any bumps, gaps, or unevenness, use floor leveling compound to smooth out the surface. This will help prevent any uneven surfaces from affecting the mats during use.
- **Measure the Area:** Measure the area to determine how many mats are required to cover the entire space. This will help you plan the installation and ensure you have enough mats.

## 05 Judo Mat Installation

### Step 1: Preparing the Subfloor

- Sweep or vacuum the subfloor thoroughly to remove any dirt or dust that could affect the mats.
- If necessary, apply floor leveling compound to ensure a flat, smooth surface. This will help prevent gaps and unevenness in the mat installation.

### Step 2: Laying the Mats

- Start placing the mats from one corner of the room, laying them down row by row. Ensure that the mats are arranged with the textured side of Tatami-style mats facing up.
- For Smooth Texture mats, ensure the mats are aligned correctly with the smooth side facing up.

### Step 3: Aligning and Securing the Mats

"Ensure that the mats are aligned perfectly next to each other with minimal gaps. The edges should touch but not overlap.

- If needed, use double-sided tape or floor adhesive to secure the mats in place to prevent any shifting during practice. If you are using Tatami-style mats, these should stay in place due to their weight and friction from the textured surface.

### Step 4: Cutting and Trimming Mats

- After laying the mats, check the edges of the room. If the mats need trimming to fit around corners or edges, use a utility knife or mat cutter to carefully trim the mats to the desired size.
- Important: Leave a small gap (approximately 1/8 inch) between the mats and the walls to allow for expansion and contraction due to temperature or humidity changes.

## 06 Post-Installation Care

Once the mats are installed, take the following steps:

- **Trim Excess Material:** If necessary, trim any overhanging mats around the edges of the room to ensure a neat, clean appearance.
- **Secure Mats:** Double-check that all mats are properly aligned and secure. Use adhesive or tape if necessary.
- **Initial Cleaning:** Sweep or vacuum the mats to remove any dust or debris left from the installation process. Wipe them with a damp cloth if necessary.

## 07 Routine Maintenance

To extend the life of your Judo mats and maintain their performance, regular maintenance is essential:

- **Regular Cleaning:** Sweep or vacuum the mats regularly to remove dirt, dust, and other debris. Avoid using harsh chemicals that may damage the surface of the mats.
- **Deep Cleaning:** Every few months, clean the mats more thoroughly by wiping them down with a solution of mild soap and water. Use a soft cloth or mop to avoid damaging the mat surface.
- **Odor Control:** To remove odors, you can use a mixture of vinegar and water. Spray lightly on the mat and wipe it down, making sure the mats dry completely.
- **Inspection:** Regularly inspect the mats for any signs of wear and tear, especially in high-impact areas. Early detection of damage can help prevent further deterioration.



## 08 Troubleshooting

- **Problem:** Mats are slipping or shifting during use.  
o **Solution:** Ensure that the mats are securely laid and are not separated. Use double sided tape or floor adhesive to keep the mats in place.
- **Problem:** Mats show gaps between them.  
o **Solution:** Re-align the mats to ensure they fit snugly together. For Tatami-style mats, use a rubber mallet to tap them into place.
- **Problem:** Mats are damaged or have surface abrasions.  
o **Solution:** Minor damage can be repaired using mat repair kits or touch-up solutions. For severe damage, you may need to replace the affected mats.

## 09 Conclusion

By following these installation and care guidelines, your Tatami-style or Smooth Texture Judo mats will provide a safe, long-lasting surface for training. Regular maintenance will help preserve the mats and ensure they continue to offer the necessary protection for Judo practitioners.

