

BSW tatami/ MMA



# Martial Arts Mats

Reliable,  
versatile,  
durable



## Mats for All Kinds of Martial Arts

Most martial arts athletes have known about the high **BSW tatami** quality for decades. **BSW tatami** belong just as much to international championships as to regular training in judo clubs. Already back in 1972, during the Olympic Games in Munich, BSW had developed the pioneering properties of its judo mats. They have been setting international standards since then and have been continuously improved up to today. Together with our partners, we have turned **BSW tatami** into the most sold judo mats worldwide. Based on renowned quality, our delivery service and good value for money, we have sold several million square metres of our mats. **BSW tatami** – the ultimate range for the world of martial arts.



**BSW tatami** are recommended by the International Judo Federation.

**BSW tatami** and **BSW MMA** Martial Arts Mats comply with EN 12503.

### Adapted Force Reduction

**BSW tatami** and **BSW MMA** mats stand out with their various properties of firmness adapted to individual martial arts and performance levels. BSW achieves this with the corresponding density of the proprietary foam core, combined with the thickness of the mats and their fabric covers. In addition to the standard mats described here, BSW can also produce customised mats of every required softness or hardness.

### Adapted Surface Textures

The fabric covers of **BSW tatami** and **BSW MMA** mats have differing surface textures developed according to the requirements of individual martial arts techniques. The mats ensure secure footing for kicking techniques, prevent stumbling and slipping for throwing techniques and reduce the risk of mat burns for athletes who do not wear the traditional Gi (uniform). Special fabric covers durably withstand even the soles of combat boots, as for example in **BSW combat**, the new mat for police, security services and the armed forces.



All BSW products are made in Germany. Numerous international retailers of our martial arts mats use this fact as a sign of quality.



Made in  
Germany

- Highest quality
- Fair payment
- Secure jobs
- High environmental standards

## Secure and Firm Footing

**BSW tatami** and **BSW MMA** mats are laminated with a waffle rubber material. Small gaps in the material create suction between the material and the underlying surface and result in the mats hardly moving, even when exposed to strong vertical impacts. When laid in a tatami arrangement, they remain in place so well that they are even used by martial arts professionals in world championship bouts.

## Fully Sealed

**BSW tatami** and **MMA** mats are sealed all round with man-made fabric covers and welded seams. This means that no moisture can damage the foam core. Variations with cotton covers are permanently glued.



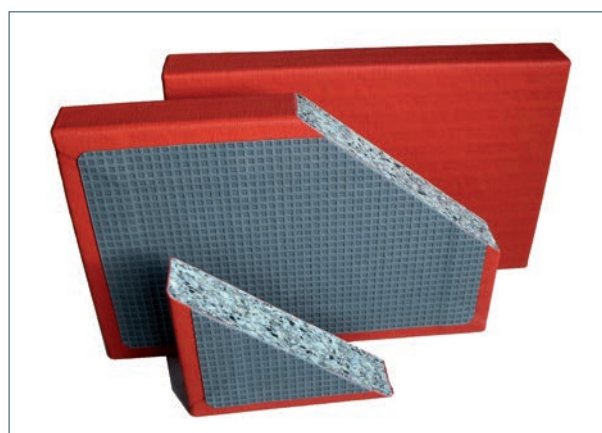
Down to the last detail: welds in **BSW Martial Arts Mats** are made meticulously by hand to warrant a precise fit, high strength and complete sealing.

## Attractive Design

**BSW tatami** and **BSW MMA** mats are available with three fabric cover qualities in numerous colours. The range includes traditional colours for competition mats as well as current trends.

## Long Service Life

**BSW tatami** and **BSW MMA** mats offer full functionality over many years, even under intensive use. When cleaned correctly, the colour-fast fabric cover retains its brilliant colour and does not fade. There is practically no wear to the highly abrasion-proof surface. Even when subject to regular strong impacts, the foam core retains its elasticity and is not compacted. The surface remains smooth and flat without any hardening.



The anti-slip base and the fabric cover are bonded fully to each other and to the foam core, resulting in a long service life, durability and dimensional stability.

15-year  
life expect-  
ancy

## BSW tatami tae kwon do

In tae kwon do and other striking and kicking martial arts, most movements are performed standing. Accordingly, the floor has to offer a secure stance, without hindering stepping and jumping movements through too soft a base. And yet the mat must have sufficient elasticity in the event of a fall. With a thickness of 25 or 30 mm, the mats are rated for falls from a relatively low height.

**BSW tatami tae kwon do** provide the correct balance between firmness and elasticity. The fabric cover is very robust and the anti-slip properties of the surface structure provide a secure footing. The base is laminated with a non-slip rubber material, effectively preventing movement of the mat.

### Recommended Use

Competition and training of tae kwon do, karate, kick-boxing, kung fu.

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 25 mm standard thickness equates to approx. 67% force reduction

### Density

approx. 240 kg/m<sup>3</sup>

### Quality Mark

E 215

### Fabric Cover Top and Sides

**BSW tatami** rice straw textured vinyl

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

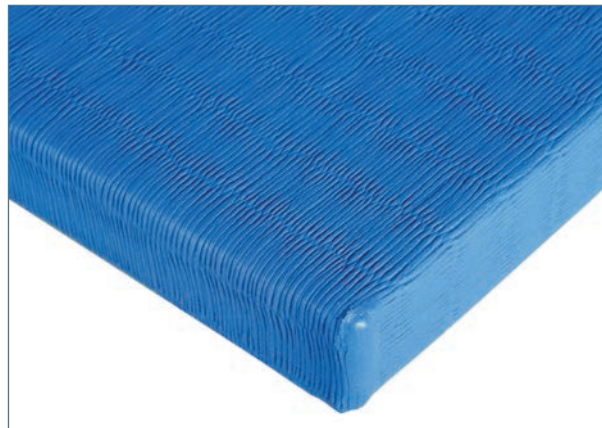
### Colours

Blue, Red, Yellow, Dark Blue, Grey, Green, Light Green, Black, Orange, Sand

### Standard Dimensions

2,000 x 1,000 mm

Thickness: 25, 30 mm



## BSW tatami professional

**BSW tatami professional** is the world's best-selling martial arts mat from BSW. For decades these mats have been used for international judo championships and Olympic Games. They have set standards worldwide with incomparable quality.

**BSW tatami professional** combines the highest reliability with the best sporting properties and a long service life. On the basis of years of experience, it offers a finely adjusted balance between a firm surface, so that the athletes do not sink into it during combat, and impact protection, because, after all, impact heights in judo are possible up to two metres. Faulty materials can have the worst possible effects.

**BSW tatami professional** lies absolutely securely and does not slip: world champions rely on the secure surface. The rice straw textured vinyl cover is ideal for bare-foot combatants. For lying techniques it offers sufficient resistance for supporting fast movements while cushioning impacts.

Whoever wants a top-quality judo mat will find what they are looking for with **BSW tatami professional**.

### Recommended Use

Competition and for teaching and practising judo and all other grabbing and throwing martial arts at the expert level

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 73% force reduction

### Density

approx. 240 kg/m<sup>3</sup>

### Quality Mark

E 215 compound foam core with specially rated damping properties

### Fabric Cover Top and Sides

**BSW tatami** rice straw textured vinyl

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

Blue, Red, Yellow, Dark Blue, Grey, Green, Light Green, Black, Orange, Sand

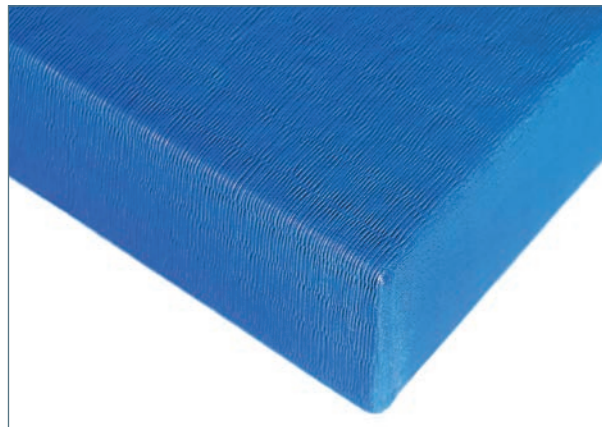
### Standard Dimensions

Length: 2,000, 1,000 and 1,500 mm (= international standard)

Width: 1,000 mm (international standard), other dimensions on request

Thickness: 20, 25, 30, 40, 50 and 60 mm

Please note that 40 mm equates to international standard



### International competitions with **BSW tatami professional**, a small selection:

#### Olympic Games

Munich 1972, Montreal 1976, Los Angeles 1984, Barcelona 1992

#### World Championships

Paris 1979, 1982, 1997; Canada 1986, 1993; Barcelona 1991; Basel 2002

Otto World Cup 2007, Hamburg; European Championship in Vienna 2010

IJF World Masters, Korea 2010

Women World Cup 2010, Baku/Azerbaijan

IJF Grand Prix, Düsseldorf 2012, 2013, 2014, 2015

Special Olympics, Munich 2012

EJU OTC Going for Gold 2013, Mittersil/Austria

World Military Games, Mungyeong/South Korea 2015



Ex-judo world champion Florian Wanner during his training on BSW tatami professional (above). BSW tatami professional mats were also used at the Otto World Cup 2007 in Hamburg (below).



## BSW tatami training

**BSW tatami training** stands out with increased force reduction, making it ideal for less experienced athletes. The softer mat helps to prevent injuries, makes it easier to learn how to fall and also cushions uncontrolled falls.

Children in particular benefit from the mat which reacts appropriately to impact from athletes with low body weight, while also offering lighter-weight persons adequately secure footing.

The fabric cover of **BSW tatami training** is identical with the professional mat and offers the same advantages. The base is laminated with anti-slip material.

### Recommended Use

For teaching and training judo and all other grabbing and throwing martial arts

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 75% force reduction

### Density

approx. 200 kg/m<sup>3</sup>, softer mats with lower density are available on request

### Quality Mark

E 200 compound foam core with specially rated damping properties

### Fabric Cover Top and Sides

**BSW tatami** rice straw textured vinyl

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

Blue, Red, Yellow, Dark Blue, Grey, Green, Light Green, Black, Orange, Sand

### Standard Dimensions

Length: 2,000, 1,000 and 1,500 mm (=international standard)

Width: 1,000 mm (international standard), other dimensions on request

Thickness: 20, 25, 30, 40, 50 and 60 mm

Please note that 40 mm equates to international standard



**BSW tatami training** mats yield sufficiently under point stress to reduce the risk of injury by unpractised athletes.

## BSW tatami special

**BSW tatami special** is the opposite of the soft training mat. Its two far higher foam densities form a firm, secure basis. The force reduction values of approx. 69% lie between those of the BSW tatami professional mat and a soft, point elastic sports floor where force reduction has to exceed 50% according to the standard.

The relatively hard mat provides a firm surface for kicking and striking techniques and for fast footwork, as in kung fu or kendo.

**BSW tatami special** is a mat for advanced athletes seeking to expand their skills under realistic conditions. Controlled falls and jumps with high impact energy are still adequately cushioned by the foam core.

The fabric cover corresponds to **BSW tatami professional** and is therefore geared to bare-foot combat.

### Recommended Use

For teaching and practising karate, tae kwon do, kung fu and all other kicking and striking techniques

### Force Reduction

E260: DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 69% force reduction

E 300: DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 68% force reduction

### Density

E 260: approx. 260 kg/m<sup>3</sup>

E 300: approx. 300 kg/m<sup>3</sup>

### Quality Mark

E 260 or E 300 compound foam core with specially rated damping properties

### Fabric Cover Top and Sides

**BSW tatami** rice straw textured vinyl

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

Blue, Red, Yellow, Dark Blue, Grey, Green, Light Green, Black, Orange, Sand

### Standard Dimensions

Length: 2,000, 1,000 and 1,500 mm (= international standard)

Width: 1,000 mm (international standard), other dimensions on request

Thickness: 20, 25, 30, 40, 50 and 60 mm

Please note that 40 mm equates to international standard





## BSW tatami grab and kick

**BSW tatami grab and kick** is the versatile mat for martial arts that combine grabbing, throwing, kicking and striking such as jiu jitsu and hapkido. It offers secure, anti-slip standing and stepping, cushions falls from a medium height and supports the body during manoeuvres on the floor.

This versatility is achieved by the low thickness of 25 mm, combined with the foam density of **BSW tatami professional**, which is 240 kg/m<sup>3</sup>, providing reliable cushioning for jumps and falls with low to medium impact energy. Force reduction in the mat is somewhat less than in the traditional judo mat.

The fabric cover corresponds to **BSW tatami professional** and is therefore geared to bare-foot combat.

### Recommended Use

For teaching and practising jiu jitsu, hapkido and other combination techniques with striking, kicking, grabbing and throwing

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 25 mm standard thickness equates to approx. 67% force reduction

### Density

approx. 240 kg/m<sup>3</sup>

### Quality Mark

E 215 compound foam core with specially rated damping properties

### Fabric Cover Top and Sides

**BSW tatami** rice straw textured vinyl

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

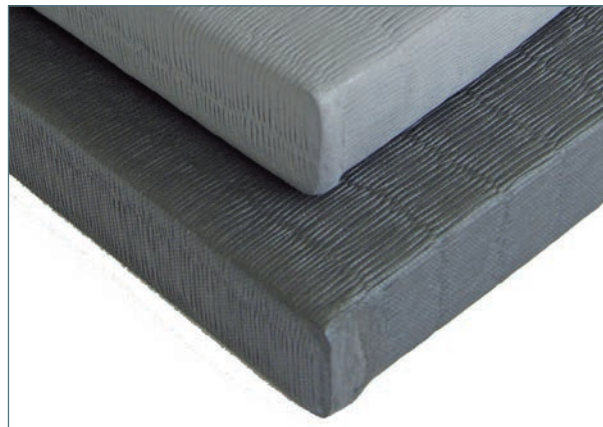
### Colours

Blue, Red, Yellow, Dark Blue, Grey, Green, Light Green, Black, Orange, Sand

### Standard Dimensions

2,000 x 1,000 x 25 mm

1,000 x 1,000 x 25 mm



The photos show Chris-Uwe Hörnberger (European karate champion in 2010 and multiple German champion) and Egor Prasolow (multiple state karate champion of North Rhine-Westphalia) during their training session. The pictures are displayed with the kind permission of the Bushido Siegen e. V. (Germany).

## BSW tatami impact

Intensive training is needed to learn how to throw and fall properly. **BSW tatami impact** has been developed especially for training sessions that practice throwing and falling. Accordingly, **BSW tatami impact** caters to cushioning the impact on falling to reduce the burden on athletes.

The mat is 80 mm thick and made up of two foam layers. The upper layer consists of foam with a density of 240 kg/m<sup>3</sup>. This corresponds to the normal hardness of most **BSW tatami** martial arts mats and ensures secure footing. By contrast, the second, lower layer is a soft foam with density of only 30 kg/m<sup>3</sup>. It offers extensive cushioning, yielding under strong impact and permits intensive throwing training, while helping beginners to avoid injuries. Throwing and falling can be practiced without any restrictions.

Thanks to its dimensions, **BSW tatami impact** can be integrated as a special training zone in a seamless formation with the remaining mat surface.

### Recommended Use

For teaching and practising falling and throwing techniques

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 80 mm standard thickness equates to approx. 83% force reduction

### Density

E 215: approx. 240 kg/m<sup>3</sup>

B 30: approx. 30 kg/m<sup>3</sup>

### Quality Mark

E 215, upper composite foam core with specially rated damping features for distributing impact energy

B 30, lower composite foam core with pronounced point elastic reaction

### Fabric Cover Top and Sides

**BSW tatami** rice straw textured vinyl

### Base

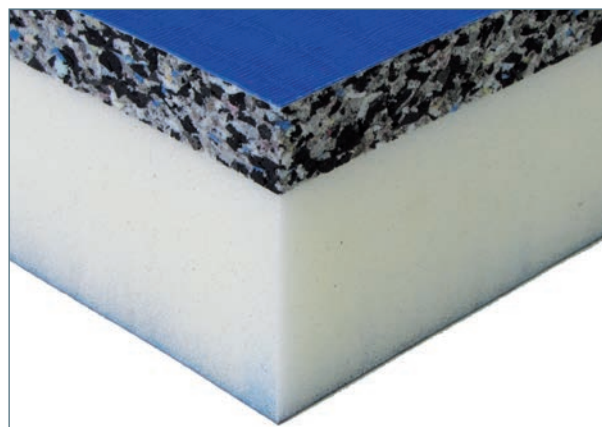
**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

Dark Blue

### Standard Dimension

2,000 x 1,000 x 80 mm



Replacement: in less than a minute two mats were substituted by **BSW tatami impact** to ensure intensive practice of throwing techniques.

## BSW MMA professional

Mixed martial arts make particular demands of the artists, and they in turn of their equipment. The **BSW MMA professional** martial arts mat creates ideal flooring for top level competition. The elasticity of **BSW MMA professional** is rated to the versatility of all associated combat techniques. It ensures firm footing for sprawl-and-brawl with sufficient cushioning for falls. It protects the body during floor combat, but is firm enough not to hinder movements.

**BSW MMA professional** is covered with a non-slip textured vinyl surface to avoid mat burns for athletes who do not wear the traditional Gi (uniform). The fabric cover is also easy to clean thoroughly. Like all BSW martial arts mats, the underside of **BSW MMA** consists of **BSW Anti-Slip** so that the mats remain absolutely firmly in position and provide a stable surface for all competitions.

**BSW MMA professional** is the competition mat for cage fighting and is used as a training surface for top combatants. If necessary, BSW also produces special dimensions for octagonal competition surfaces.

### Recommended Use

Mixed martial arts, competition and advanced training

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 75% force reduction

### Density

approx. 200 kg/m<sup>3</sup>

### Quality Mark

E 200 composite foam core

### Fabric Cover Top and Sides

**BSW MMA** non-textured anti-slip vinyl surface to avoid mat burns

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

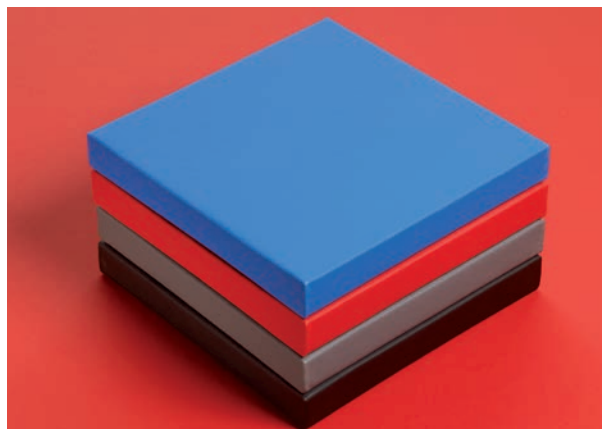
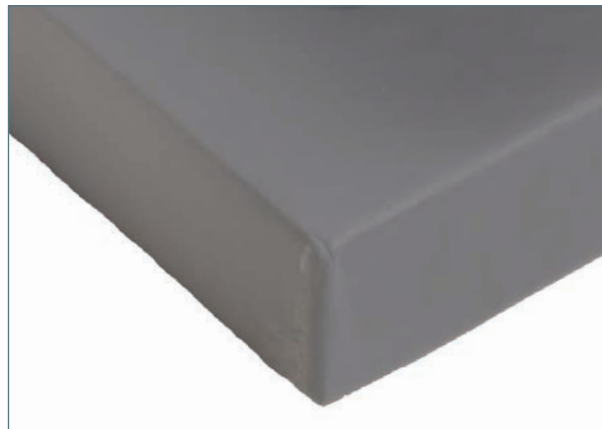
Blue, Red, Grey, Black

### Standard Dimensions

Length: 1,000, 2,000 mm

Width: 1,000 mm

Thickness: 50 mm



## BSW MMA training

**BSW MMA training** is basically identical to the professional mat, but has a softer foam core. It cushions falls better and offers the body more support during clinch fighting and submission grappling. **BSW MMA training** is also available in two thicknesses for additionally graduated levels of softness.

The fabric cover and base are the same as for the **BSW MMA professional** mat.

**BSW MMA training** mats are used on all surfaces for learning and training, while also being highly appreciated by advanced athletes.

### Recommended Use

Mixed martial arts, practice and advanced training

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 75% force reduction

### Density

approx. 200 kg/m<sup>3</sup>

### Quality Mark

E 200 composite foam core

### Fabric Cover Top and Sides

**BSW MMA** non-textured anti-slip vinyl surface to avoid mat burns

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

Blue, Red, Grey, Black

### Standard Dimensions

Length: 1,000, 2,000 mm

Width: 1,000 mm

Thickness: 40, 50 mm



## BSW combat

**BSW combat** is the mat for serious close-combat training by armed forces. It has the same foam core as the **BSW MMA professional** mat, thus offering balanced protection and strength for experienced combatants.

It has an especially thick, hard-wearing fabric cover that withstands training in full equipment and combat boots. The non-textured vinyl surface avoids mat burn and is easy to clean.

**BSW combat** is used in military training centres, and also for amateur self-training under realistic conditions in everyday clothing.

### Recommended Use

Close-combat training and practice for armed forces, police and secure services; demanding self-defence courses

### Force Reduction

DIN 18032, Part 2 and DIN 7926: 40 mm standard thickness equates to approx. 73% force reduction

### Density

approx. 240 kg/m<sup>3</sup>

### Quality Mark

E 215 composite foam core

### Fabric Cover Top and Sides

**BSW MMA** non-slip textured vinyl surface to avoid mat burns

### Base

**BSW Anti-Slip** latex lamination with a non-skid waffle rubber material

### Colours

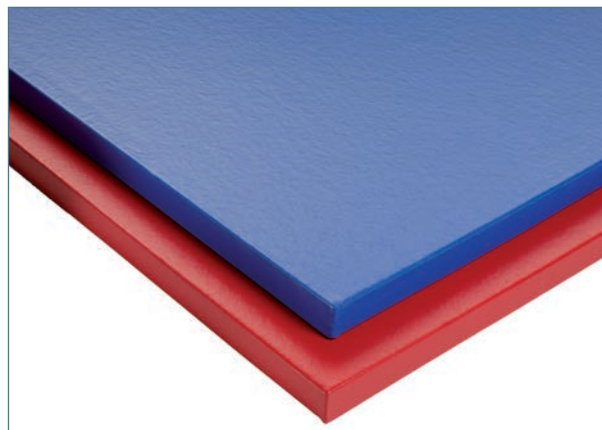
More than 40 colours based on RAL. If required, we will send you our colour chart.

### Standard Dimensions

Length: 1,000, 2,000 mm

Width: 1,000 mm

Thickness: 40, 50 mm



**BSW tatami (Rice Straw Textured) Vinyl**

Fabric cover: rice straw textured vinyl  
Base fabric: polyester

Especially suitable for judo, karate, jiu jitsu, hapkido

**Tensile Strength**

In accordance with DIN ISO 1421  
– approx. 2,200/2,200 N/5 cm

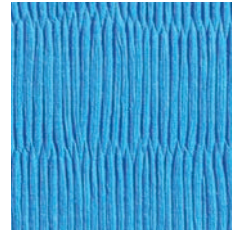
**Tear Propagation Resistance**

In accordance with DIN 53363 – approx. 200/200 N

**Colours**

Blue, Red, Yellow, Dark Blue, Grey, Green, Light Green, Black, Orange, Sand

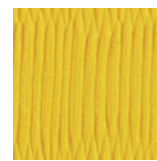
5-year guarantee on tear resistance



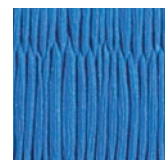
Blue



Red



Yellow



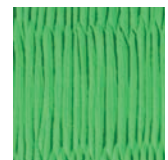
Dark Blue



Grey



Green



Light Green

The colours shown may differ slightly from the originals due to the nature of the printing process.



Black



Orange



Sand

**BSW tatami Cotton**

100% cotton – sweat resistant

Especially suitable for aikido

**Weight**

400 g/m<sup>3</sup>

**Fabric Density**

24f\* 12d-Nm 24/2\* 8 per cm

**Colours**

Green, Red, Orange, Blue, Khaki

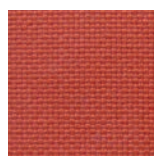


Green

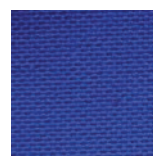


Red

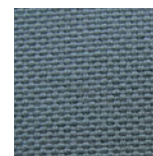
The colours shown may differ slightly from the originals due to the nature of the printing process.



Orange



Blue



Khaki

**BSW MMA Vinyl**

Fabric cover: non-textured vinyl, slip-resistant

Base fabric: polyester

Especially suitable for mixed martial arts

**Tensile Strength**

In accordance with DIN ISO 1421

– approx. 2,480/2,420 N/5 cm

**Tear Propagation Resistance**

In accordance with DIN 53363 – approx. 200/200 N

**Colours**

Blue, Red, Grey, Black

5-year guarantee on tear resistance



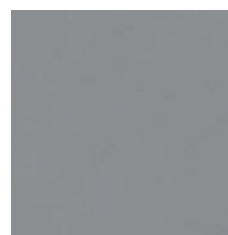
Blue



Red



Black



Grey

The colours shown may differ slightly from the originals due to the nature of the printing process.

## Customized Production

BSW sells its martial arts mats almost exclusively to specialised retailers all over the world, who resell the mats under their own name. Although BSW is probably the world's largest manufacturer of martial arts mats, we remain in the background and the majority of athletes will not have heard of us.

Most of the mats leaving our factory belong to our standard range. However, BSW also produces customised mats, depending on the order volume. Variations are possible with regard to dimensions, foam thickness and composition, workmanship details as well as material, colour, structure and inscriptions on the fabric cover.

BSW has also worked together with key account customers to develop new martial arts mats specially rated to particular requirements which are often then sold exclusively by the particular customer. Given its decades of experience, BSW is in a position to combine customised innovation with the very best quality.



This fabric cover in Wintercamo look was developed at the request of an American company. The mats are sold there in MMA training centres and are very popular.

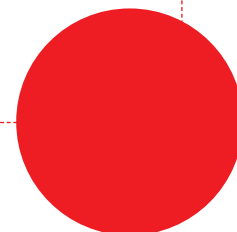
### Variofoam®

The foam cores of BSW martial arts mats consist of **Variofoam®**. **Variofoam®** is one of BSW's four basic materials that form the foundation for the whole product range of the company. **Variofoam®** is made by BSW and undergoes constant further development.

Apart from being used in martial arts mats, BSW also supplies this material to numerous industrial companies who continue processing **Variofoam®** themselves. Martial arts athletes all over the world benefit from the high flexibility offered by BSW with its own production of the **Variofoam®** core used in the martial arts mats, as well as continuous monitoring of material quality from production through to final processing.

## Variofoam®

Customised manufacturing of products,  
product components and material variants  
of **Regupol®**, **Recoflex®** and **Variofoam®**.





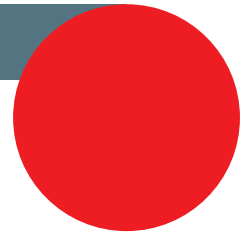
## Suitability Attributes

	BSW tatami						BSW MMA		
	tae kwon do	professional	training	special	grab and kick	impact	professional	training	combat
Tae Kwon Do	X X	X X		X					
Karate		X X		X					
Judo		X X	X		X	X			
Jiu Jitsu		X X	X		X	X			
Hapkido		X X			X	X			
Aikido		X X	X						
Kung Fu		X X		X X					
Mixed Martial Arts							X X	X	X
Self-defence		X		X			X		X
Close combat									X

This table shows a few recommendations for the main use of BSW martial arts mats. Apart from **BSW tatami impact**, it goes without saying that the individual mats can also be used for other martial arts not recommended or featured in the table.

X Competition  
X Training





ABS West  
113 Garling St  
WA 6163  
Australia

Phone 08 9314 4000  
service@abswest.com.au  
www.abswest.com.au



The technical information given in the documents are guideline values. They are liable to manufacturing tolerances, which may vary depending on the type of underlying properties. The currently valid versions of this information are provided on our internet pages and in the PDF versions of this catalogue. The PDF versions are available to download from our website. We do not assume liability for spelling or printing errors.

