

UNIFORM POLICY

GI

- GI'S MUST BE WASHED BEFORE EACH USE
- GI MUST BE A REASONABLE LENGTH (FALLING AT ANKLES AND AT WRISTS)
- ALL COLORED GI'S MUST BE WASHED A MINIMUM OF 3X BEFORE USE SO THAT IT DOES NOT BLEED ON THE MATS
- A RASHGUARD OR SOMETHING SIMILAR IS REQUIRED UNDER YOUR GI. IT MUST COVER YOUR CHEST UP TO YOUR NECK AND FALL AT YOUR WAIST OR BELOW.
- UNDERWEAR MUST COVER YOUR ENTIRE BUTTOCK
- BELT IS REQUIRED FOR CLASS
- REMOVE JEWELRY BEFORE CLASS
- A WHITE GI IS REQUIRED FOR ALL PROMOTION CEREMONIES

NO-GI

- ALL GEAR MUST BE WASHED A MINIMUM OF 3X BEFORE USE SO THAT IT DOES NOT BLEED ON THE MATS
- RASHGUARD OR SOMETHING SIMILAR IS REQUIRED. IT MUST COVER YOUR CHEST UP TO YOUR NECK AND FALL AT YOUR WAIST OR BELOW.
- SHORTS OR TIGHTS MUST FALL AT LEAST 2 INCHES BELOW YOUR FINGERTIPS
- TIGHTS OR SOMETHING SIMILAR IS REQUIRED UNDER YOUR SHORTS
- NO TANK TOPS
- TOWEL REQUIRED

HYGIENE

- DEODORANT IS REQUIRED
- BRUSH YOUR TEETH BEFORE CLASS
- HAIR MUST BE SECURED BACK AND OUT OF YOUR FACE
- MAKEUP MUST BE WASHED OFF BEFORE CLASS
- NAILS MUST BE TRIMMED AND KEPT SHORT
- GEAR MUST BE CLEAN
- HANDS AND FEET MUST BE WASHED BEFORE CLASS
- TAPE AND BANDAGES ARE ALLOWED BUT PLEASE PICK UP ANY EXCESS THAT HAS FALLEN OFF ON TO THE MATS
- IF FOR ANY REASON YOU BLEED ON THE MATS, STOP AND CLEAN IT IMMEDIATELY. WE HAVE WIPES NEAR EACH MAT. ASK A COACH OR STAFF MEMBER IF NEEDED.