

CONGRATULATIONS ON EARNING YOUR

CAMO BELT TEST INVITE!!

If you pass your test, we would like to explain the procedure on when you will use your sparring gear as well as any other topics regarding your new equipment.

Your **new class** will be the Camo – Red/high and Camo & Above.

(excludes students 13 years old and above)

When will you use your gear:

1. During **Pre-Sparring** week you need to wear the following to class:

- A. Gloves
- B. Fore-Arm guards
- C. Shin & Instep Guards

2. During **Sparring Week** you will need to wear the following to class:

- A. Gloves
- B. Fore-Arm Guards
- C. Shin & Instep Guards
- D. Chest Guard
- E. Groin Protection
- F. Leave Head Gear in bag

Tips:

1. We **HIGHLY** Suggest you put your name on each piece of equipment **AFTER** your first class, therefore Staff/Masters can confirm the size is correct!
2. Bring water to class you will need it!
3. If you have any health conditions that we should be aware of please let us know!

If you have any question please do not hesitate to ask! GOOD LUCK and HAVE FUN!

Sincerely,

Victory Taekwondo Academy