

EQUIPMENT YOUR STUDENT WILL NEED:

- AT THEIR SECOND CLASS

Fist and Foot Uniform T-shirt, belt and Fist and Foot hat

Black Shorts or Tactical Pants. Sweatpants and Dobaks are allowed. A Dobak is the Korean word for a Martial Art Uniform, a Gi

NO jeans, dresses, or skirts

While we train barefoot, trampoline socks are allowed and for sale with FnF

- DURING OR BEFORE YELLOW BELT

Water Bottle

- DURING OR BEFORE ORANGE BELT

Equipment Bag

Chest Protector

Forearm/Fist guard

Shin/Instep guard

Mouthpiece & case

Cup w/Supporter (Boys)

26" Escrima Stick with case

- DURING OR BEFORE GREEN BELT

"The Book of Fist and Foot" School guide

Mat/Indoor Shoes

- DURING OR BEFORE CAMO BELT

Helmet w/Face Guard

Fight Gloves -- w/Thumb padding as size allows

Sparring Boots

Action Flex Escrima Stick, or equivalent

Sparring Gear Bag