

YOUR FIRST CLASS

Show up with:

1. Tuition
2. Black Pants or Shorts of your choice
3. Comfortable T-Shirt
4. Comfortable Sneakers (*although most classes are barefoot*)

** *Recommendation: Water and a towel.*

*** *Shoe Recommendation: Asics: Onitsuka Tiger Ultimate 81. White w/ Black Features*



ONCE YOU BECOME A STUDENT

You are required to have:

1. School T-Shirt
2. Black Pants or Shorts of your choice
3. Comfortable Sneakers (*although most classes are barefoot*)
4. Dit Da Jow linament will need to be purchased as needed. For bag training.

** *Recommendation: Water and a towel.*

*** *Shoe Recommendation: Asics: Onitsuka Tiger Ultimate 81. White w/ Black Features*

SPARRING EQUIPMENT

(no need to get this right away)

1. (Required) Fingerless Gloves. aka "MMA Gloves"
2. (Optional) Mouthguard
3. (Optional) Headgear
4. (Optional) Protective Cup

All of these item are available at www.centurymartialarts.com and are labeled as such on that site.

FOR TOURNAMENTS & DEMONSTRATIONS

1. **ProForce Gladiator Demo Pants. Black with White Stripe**
2. School T-Shirt
3. Shoes: **Asics: Onitsuka Tiger Ultimate 81. White w/ Black Features**
4. ** Sparring Equipment varies per tournament. Buy this on an *as-needed* basis.