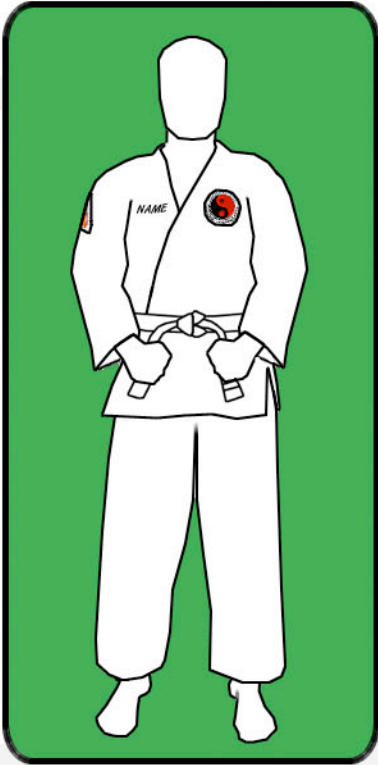


# YOUR UNIFORM



## RESPECT THE UNIFORM

The condition of your uniform reflects your seriousness about training. Always come to class with a complete uniform that's clean and in good repair.

A complete uniform means a traditional white karate gi, with the Cuong Nhu patch sewn on the left side over your heart, and your name written or embroidered on the right. Your belt should be properly tied with a square knot, and if you have stripes on your belt, they should be on the left. Write your name on your pants on the inside of the waistband and on your belt in the very center where it will be covered up by the knot.

It's OK to wear a t-shirt or tank top under your uniform top if you wish. If you have a school patch, it should be sewn on your right sleeve.

Black belts and above may wear black or colored uniforms to train. However, everyone must wear a white uniform to tests and other special events.

Remove all jewelry, watches, and other accessories before class to avoid injury.

Caring for the uniform is very important. Fold it neatly after each class; don't throw it on the floor, or stuff it into your gear bag. Launder your uniform often.

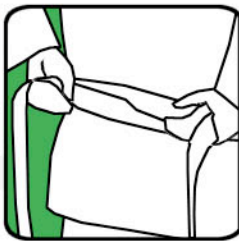
Show proper respect for your belt. Don't drape it around your neck or throw it on the floor.

It's not appropriate to wear your uniform outside the dojo (except when training outside). If you must leave the dojo in your uniform—for example, if your dojo does not have a changing room—remove your gi top and belt, and wear a t-shirt or sweatshirt with your gi pants.

## TYING YOUR BELT



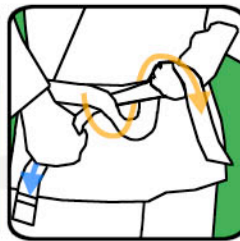
Find the middle of the belt and place it under your navel with the stripes on the right.



Circle the belt once around the back. You may cross it or pass it under making one loop.



Pull the two ends to the front. They should be equal length with the stripes on the left.



Holding the end with the stripes to the right, loop the other end behind and under both layers.



Bring the end without stripes across and loop the stripes around and behind the other end.



Pull to tighten. The ends should be equal length with the stripes on the left.