

JIU JITSU SAFTEY



& HEALTH DRESS CODE

YES



Fitted Shirts with Sleeves



Fight/Gym and Spandex/Biker Shorts



Spats and Shorts with Spandex

NO



Tank Tops



Unlined or Running Shorts and Zippers



Proper clothing helps prevent injuries and maintains a safe training environment for everyone.



We also ask that you remove all piercings and keep short fingernails when training.