

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 Zippers



Wearing proper attire prevents injuries and ensures safety for everyone



Please remove piercings and keep nails short during training.