

## WHAT GEAR SHOULD I HAVE?

### White Belt

- Sparring Hands



### Orange Belt

- Chest Protector
- Mouth Piece



### Gold Belt

- Sparring Feet
- Groin Cup (for boys)



### Green Belt

- Head Gear



### Purple Belt

- Escrima Sticks



### Blue Belt

- Shin Guards



### Blue 1 Belt

- Boxing Gloves



### 1<sup>st</sup> Degree Black Belt

- Short Stick
- Plastic Knife

