



Things you need to know and items that you will need

A Karate suit (GI)

Child GI starts at £25.00 Adult GI start at£30.00

Secondly when you have decided that you enjoy the training, and would like to continue, you will need to purchase your **licence and insurance**. This is to insure yourself and to be insured against personal injury, to the people that you come in to contact with. Cost **£25.00 per annum and £25 to renew**.

Gradings are every 3 months and the **grading fee** is **£20.00-£30**.

We regularly attend **competitions** and a small amount of personal equipment will need to be purchased, and the entrance and transport fee is usually £15.00 - £20.00 per trip.

With regards to the **training** fee, this varies depending on the club that you attend, but usually **£3.50 - £5.00 per visit**.

SPARRING MITTS ARE PART OF YOUR EQUIPMENT AND SHOULD BE PURCHASED ASAP.

These are the items that you will need, other items of literature and equipment can be purchased from us if required.

**For further information speak to your Instructor,
Assistant Instructor or Co-ordinator**