

Tournament Packing Guide

- Uniform Top
- Uniform Pants
- Belt
- Water Bottle
- Snacks

If Sparring:

- Head Guard
- Mouth Guard
- Elbow Pads - not required at the studio but are required for NCKA
- Chest Guard
- Shin Pads
- Feet Pads
- Groin Cup - males

If Competing in Weapons:

- Your weapon - Bo

trophy engraving is offered at tournaments and typically costs approx. \$5/trophy - if this interests you, plan to bring cash.