

LIST OF REQUIRED EQUIPMENT

ALWAYS REQUIRED

Casa De Karate Handbook (3 Ring Binder)

Traditional Uniform-jacket, pants and belt (Females wear T-shirt or leotard under jacket)

Mouth Guard

Groin protector (for males)

REQUIRED FOR SPARRING

Mouth Guard

Groin protector (for males)

Headgear*

Sparring Gloves*

Sparring Boots*

*Casa De Karate will provide sparring gear for use during class or you may purchase your own gear through Sensei Gobon.

RECOMMENDED FOR SPARRING

Shin Pads

Knee Pads

Elbow Pads

Rib Guard

SUGGESTED

Water Bottle

Towel

Deodorant

T-shirt to wear under uniform in winter

