



Livingwell Taekwondo Academy

www.livingwelltkd.com

UNIFORM POLICY

All students are expected to wear the correct taekwondo dobok (uniform) for their grade. All white for Kup grades. Dan grades can wear standard black belt uniform (white with black stripe around neckline) at all classes. They may wear correct poomsae uniform at Wednesday class – please only buy this through the club as there are different coloured trousers dependent on age and gender. Masters may wear relevant uniforms and registered coaches may wear all black uniform.

All female students must wear a t-shirt or sports vest under their uniform due to the low neckline (sports bras do not count as crop tops and a further top must be worn).

If uniform trousers are too long, please turn up from the waist and not from the legs as fingers/toes can be caught in the turned up hem during sparring.

Jewellery **MUST NOT** be worn. Sports watches (eg fitbit) may be worn but only with a plastic strap and should be removed during sparring work (including self defence and one step). If jewellery cannot be removed, for instance newly pierced ears or wedding ring that does not move, then they **MUST** be taped up during class as they pose a risk to other students.

All higher grade students (Dan grades and pre Dan Kup grades) must have full body armour kit and this should be brought to every lesson.

Please ensure all equipment and uniforms are ordered through the club as we order through reputable companies who fulfil current WTF guidelines.