



Woodlane Ishinryu Checklist for Summer Course



For the summer course, you will need to bring the following:

1. Licence
2. Belt
3. Gum shield (if competing in the Kumite)
4. Gi x 2 (if possible, more the merrier, and with badges)
5. Tracksuit bottoms (only for training, only really need to bring 2-4)
6. Shirts for training in (5 at the max.)
7. Socks, underwear, etc.
8. Going out clothes
9. Toiletries
10. Money
11. Towel
12. Swimwear
13. Fancy dress costume

Tick-list for before and after

Item Number (see above)	Before you go	After you go
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		