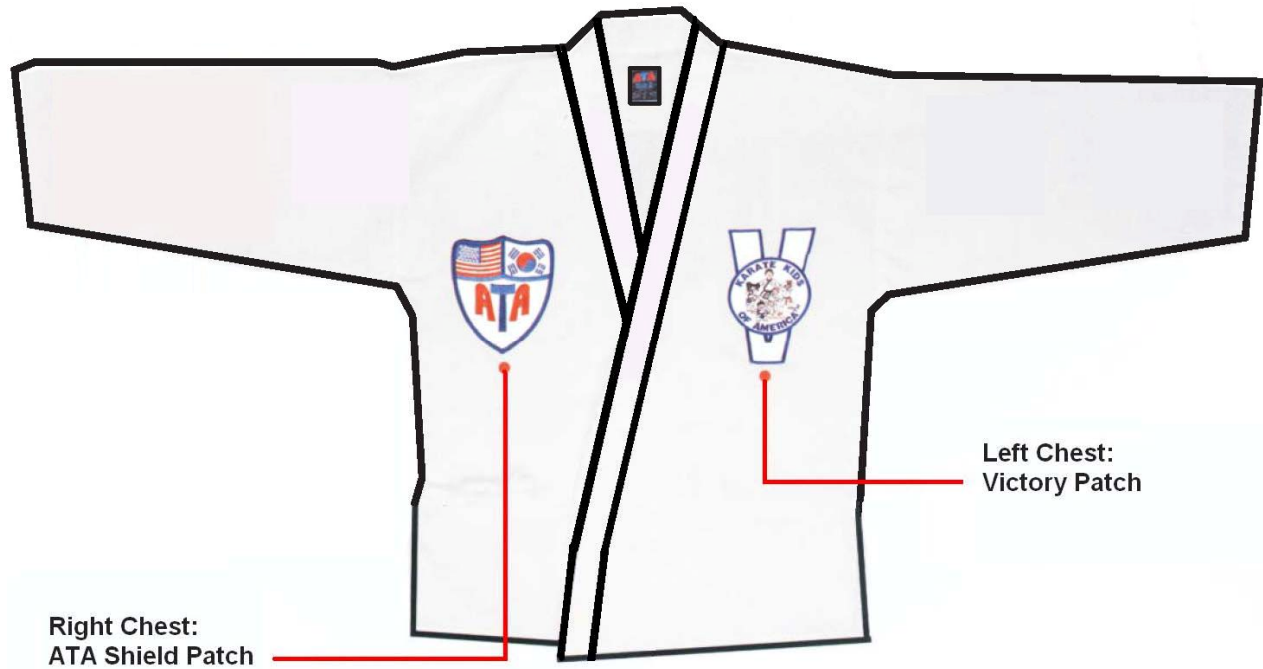




Uniform - Patches



- Although some patches may appear to be iron-on type patches, all patches should be sewn onto the uniforms rather than ironed on.
- Victory stars can either be sewn directly to the Victory Patch or students may choose to collect victory stars without attaching them to their uniforms. Please keep track of the stars you earn in the event they become lost.
- Note that the right side of the uniform (which will have the ATA Shield Patch) goes underneath the left side of the uniform.

ALIGNMENT TIP: When sewing on the ATA Shield or Victory Patches, have the student put on their uniform and mark a horizontal line with a piece of masking tape to mark where the top of the patch will be placed. This way the patch(s) will not appear crooked when worn.



Uniform/Belt - Guidelines

1. When to Wear Your Uniform.

Students should only wear their uniforms for class or if they so desire while practicing at home. Students are encouraged to come to the school already wearing their uniforms if possible. Uniforms should **not** be used for non-martial arts activities (ex: Halloween costumes).

2. Treat Your Uniform With Respect.

Students should keep their uniforms clean. Don't wrinkle up your uniform and throw it in the hamper. Uniforms should be neatly folded when not being used, even when dirty. This is one way for a student to show responsibility, by showing that they can take care of their uniform.

3. Items Needed In Addition To Your Uniform and Belt.

In addition to your belt and the white uniform (dobok) that you receive, you will need a couple of other items.

Shoes

Due to floor conditions, students will be permitted to wear shoes. A different pair of tennis shoes should be purchased for use in class only. Do not come to the school wearing these shoes. Change shoes when you arrive to reduce the mud, snow, and dirt that is brought into the school. Shoes should be white.

Athletic Cup

Male students (regardless of age) should purchase and wear an athletic cup during class. For students not used to wearing a cup, parents can help the transition by starting the student out wearing the support and adding the cup after 1-2 classes.

Under Your Uniform

Students may wear a plain **white** t-shirt under their uniform. Patterned and colored t-shirts should be avoided as they tend to show through the white uniforms. White underwear is recommended in the event that pants rip or get a hole in them. Women should wear a white or light colored athletic bra. White socks should be worn.

4. DO NOT Wash Your Belt.

While regular washing of uniforms is needed/required, **DO NOT WASH YOUR BELT**. This is for several reasons. The philosophical reason is that the longer a student has a belt the darker it becomes, signifying additional knowledge that a student has gained. Don't wash away the knowledge. A more practical reason is that the belt will actually become unusable if washed. The washing process will cause the belt to get permanent wrinkles and in some cases start to fall apart. If necessary, air out your belt from time to time. A very small spray of Febreze can also be used from time to time if absolutely necessary.

5. Don't Let Your Belt Touch the Ground.

This is a sign of respect for the knowledge that students have learned. It is also a tradition. Letting your belt touch the ground is said to be 'Bad Luck' and is also said to make you forget the things you have learned. Similar to taking responsibility for their uniform, students should also show responsibility for their belt, folding it up when not in use.

6. Don't Wear Jewelry.

For the safety of yourself and other students, do not wear jewelry to class. Hands and fingers can get caught in bracelets and necklaces. Watches, rings, earrings can cause scratches or scrapes. Smooth wedding bands and stud earrings are permitted.