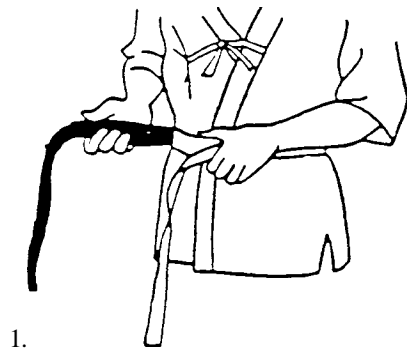


BELTS AND GI'S

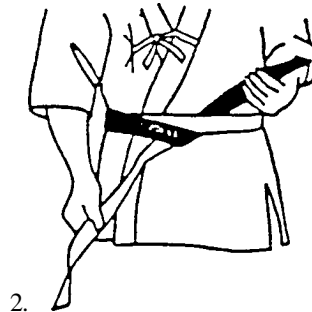
Everyone participating in Uechi Ryu classes should be wearing a plain white Gi (uniform) and the ceremonial belt. Belts are supplied in class. Gi's are inexpensive available from martial arts supply stores.

Belts and Gi's are a Japanese contribution to our practice. The Gi is ideal for this kind of activity and demonstrates our humility and respect for others. Plain white represents "beginner's mind". The belt stripes and colours show our place in the curriculum. The knot is shown below. We should be proud of our rank and respectful of the effort and accomplishments of others. Earrings, rings, watches, etc. that could harm yourself or others should be removed before class. Fingernails and toenails need to be clean and safely trimmed.

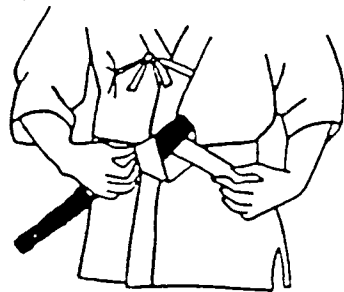
Belts and Gi's must be kept clean and neat and the time spent wearing them should be focused and concentrated.



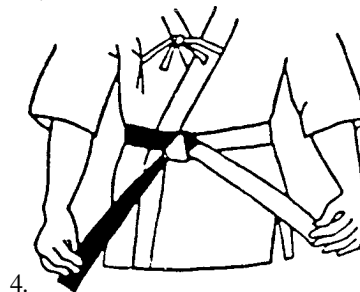
1.



2.



3.



4.