



Dear student / parent,

your new TAGB approved sparring safety equipment has arrived.

The full set consists of:
head guard, gloves, boots, shin pads,
gum guard and groin guard (for boys / gents only).

The easiest way to dress with the equipment is in the following order:

Groin guard (boys / gents only) – shin pads –
boots – gum guard – head guard – gloves

Please take the time to familiarise yourself with the equipment and practice putting on, taking off and carefully storing away after use.

You will also need to set the gum guard to fit your mouth by using boiled water,
please refer to the instructions included with the packaging.

We spar intermittently in our usual classes so please bring your equipment to every training session.

When you are ready to move on to the next level, come along to our dedicated weekly sparring class where all clubs in the area come together:

'Fight Club' Friday evenings 7 – 8:30pm. £5 on the door.
Lode Heath School, Lode Lane, Solihull, B91 2HW.

You will need sparring equipment, comfortable sports clothes, a drink and a towel.
All children must be accompanied by an adult for the duration.

The next step will be to join the TAGB's local, national, international and world tournament circuit, building knowledge and experience for future success with the largest martial arts association in Europe!

Yours in Tae Kwon-Do

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