

SPARRING CLASSES

Dear West Coast Martial Arts Academy member,

Beginning in July, we will be adding sparring to the school's curriculum on a regular basis at all age levels. Sparring is an important part of every student's training. It builds quickness and endurance, enhances reflexes, heightens confidence, and improves self defense skills at all levels.

As part of our "safety first" philosophy, all students who wish to participate in sparring must wear protective gear.

REQUIRED FOR ALL STUDENTS:

- Helmet with full face guard \$68
- Gloves (Open handed) \$25
- Mouthpiece \$6 (Includes case)

----- **TOTAL: \$99**

REQUIRED FOR ALL MEN AND BOYS:

- Groin cup \$15

RECOMMENDED, OPTIONAL:

- Protective boots (Optional) \$24
- Shin Guards (Optional) \$24
- Mesh tote bag (Optional) \$15

Available colors for helmet, gloves, boots and shin guards are RED, BLACK, WHITE, PINK, and BLUE

All purchases are subject to 8.75% sales tax. Please allow 2 weeks for deliver

Student's name: _____

Item	Qty	Color	Size	Price
Full face helmet				\$68
Gloves, open handed				\$25
Mouthpiece w/ Case				\$6
Groin cup				\$15
Protective Boots				\$24
Shin Guards				\$24
Mesh Tote Bag				\$15

To order, please use the form above or see your instructor.