

Grading & Competition Check list

- Judo Kit (trousers/jacket).
- Licence (with birth certificate in back).
- Red/blue and White belts.
- White T-Shirt (for girls).
- First Aid Kit (plasters, paracetamol etc.).
- Plenty to eat and drink.
- Non-metal hair bands for long hair.
- Remove all jewellery.
- Flip-flops or other footwear for off mat.
- Book or music for while waiting.
- Money (entry, refreshments).