

Uniform Standards, Safety Equipment & Personal Responsibility

One of the important lessons martial arts teaches is responsibility. Part of that responsibility is showing up to class properly prepared and dressed in the correct uniform with all required equipment.

All students are required to wear a complete uniform to every class:

- Official Jacket
- Official Pants
- Belt
- Groin Protection

During the summer months, students may wear an official Peoria Championship Martial Arts or UFAF t-shirt in place of the jacket. However, non-PCMA or non-UFAF shirts are not appropriate for class.

In addition, all students enrolled in the Basic Program, Black Belt Club (BBC), or Masters Club are **REQUIRED** to wear groin protection to **EVERY** class. This is an important safety requirement during drills, partner work, self-defense training, and Ground Combatives. It also helps maintain professionalism and modesty when boys and girls may work together during training.

Uniforms should also be kept clean and in good condition. A clean uniform shows pride, discipline, respect for the school, and respect for fellow students. Just like students would not go to school or sports practice unprepared, martial arts students should arrive ready to train.

Wearing the proper uniform and bringing required safety equipment creates team unity, professionalism, consistency, and a safer training environment on the floor. It also helps students develop habits of accountability and personal responsibility that carry over into school, home, and future careers.

Thank you for helping us maintain the standards, safety, and culture that make our school special.