



FIERCE FUSION ATTIRE

Martial arts/sportswear:

- Fitted or loose tops/crops/tees
- Fitted or loose shorts/pants/Leggings/tracks
- Martial arts gi pants/training tracks
- Sneakers must be worn to start, May be asked to remove throughout session
- Long hair tied back! **Compulsory**

X No Jewellery AT ALL (non removal must be taped)

X No watches/arm accessories

