



Gi (Karate Uniform) Protocol

The appearance of your Gi is an essential element of the discipline taught at Prince Martial Arts.

1. How to tie your Gi:
 - a. Have the student wear the Gi top and hold both sides open. Fold the right side in (the right side of the student wearing the Gi) and tie it to the inside left string.
 - b. Next fold the left side over the right side and tie it to the outside string.
 - c. Tip: Check that the ProForce/Gladiator label at the bottom right of the Gi stays on the outside.
2. How and where to sew the patches:
 - a. All patches must be sewn with COMPLETE stitches. No patches hanging by a thread. No glue or Velcro should be used, as they may fall off during exercises. Especially NO STAPLES or safety pins, as they can be a hazard.
 - b. Sew the Prince Martial Arts Yin-yang patch on the left side of the Gi top, just above the heart (the left side of the student wearing the Gi).
 - c. Sew the Tiger/Dragon patch on the right side of the Gi top, just above the chest (the right side of the student wearing the Gi).
 - d. Sew the large Kenpo fist-in-hand patch on the back of the Gi top. Keep the “Kenpo Karate” centered and in between the student’s shoulder blades.
 - e. Pants patches:
 - i. Sew the rectangular Dragon Kenpo patch under the right knee.
 - ii. Under this patch, sew the small circular Dragon, Tiger, and Kenpo patches.
 - iii. Sew the oval Karate Fist patch onto the left thigh, above the knee.
3. Cleaning your Gi:
 - a. Your Gi should be washed at least once every two uses – Smell Test!
 - b. It can be washed in a home washing machine on a regular cycle.
4. Food & Cleanliness:
 - a. Do not eat with your Gi or karate shirt on.
 - b. Do not arrive to class with food crumbs in or on your Gi.
 - c. Keep your karate belt away from food, drinks, or other stains.
 - d. Please refrain from covering your karate shirt in dog or cat hair.
 - e. No painting or other activities with your karate shirt or Gi pants on. Your shirt is not a smock or a pajama shirt. This is part of your karate uniform.