

Do I need a Karate Gi?

To start with for your first FREE class wear something comfortable such as a T-shirt and shorts or track suit pants. We don't wear shoes so you also don't need expensive gym shoes.

Later on if you decide to continue we can provide you with a Karate Gi that will last you for many years to come. The Gi is the traditional uniform of Karate, and its main purpose lies in its functionality.

A Gi has the advantage that it is very robust and comfortable at the same time. It allows you great freedom of motion, and for a beginner it also has a psychological effect, as it makes you feel more "real" when you wear the Gi, and you also feel as if you fit in better with all the other Gi-wearing students.