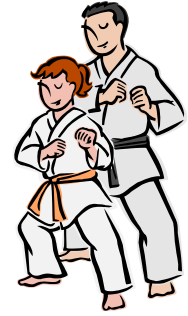




## *Welcome to Yellow Belt!*



**Congratulations on your promotion to yellow belt! You have taken a major step in your training.**

**I would like to take this opportunity to give you a heads up on some things you should know about being a yellow belt.**

- 1. First, please remember as you move forward in your ranking at LEMA, you are responsible for remembering your previous belt's curriculum. Parent's in order for your children to be able to keep up on this, they will need your help. Practicing on all previous belts as well as the current belt is needed in order to continue to progress and be proficient. My recommendation is 10 minutes of practice per day on current and one aspect of previous belt curriculum.**
- 2. Remember to be helpful and humble to those students you out rank.**
- 3. Please put your full name on each piece of your equipment. Use a silver sharpie or similar marker when writing on your gear. If you drop a piece and your name is not there, there is no way to return your lost gear.**
- 4. Please practice putting on and off your equipment to help minimize the amount of time it takes to get it on when we are going to use it.**
- 5. Boys/Men must wear their groin cups to each and every class.**
- 6. Please bring your full equipment bag to each and every class unless instructed otherwise.**
- 7. Please be sure to mold your mouth pieces right away. Follow the directions on the packaging.**

**Congratulations again. I look forward to helping you accomplish many more goals in the years to come.**

**See you on the mat!**

**Sensei**