



Special Training Checklist

Above all, maintain a strong spirit and determination.

"The essence of Special Training is reaching a true understanding of yourself and making a sincere effort to improve yourself." -Ron Thom

Documents

- Registration form and money
- Passport and travel papers (if applicable)
- Petty cash

Apparel

- 2 or more *gis* (Don't forget your belt!)
- Plenty of underwear
- Comfortable change of clothes
- Raincoat/umbrella
- Appropriate footwear (consider mud and constant on/off)
- Indoor slippers

Gear

- Hand-pads and mouth-guards
- Reusable water bottle
- Notebook and writing utensil
- Sunblock
- Flashlight
- Sports tape

Bedding and Toiletries

- Sleeping pad, pillow, and/or sheets and blanket
- Towel
- Soap, shampoo, toothbrush, **deodorant**, Tylenol etc.
- Nail clippers
- Ear plugs
- Clothes hangers
- Plastic bag (for dirty clothes)

Replenishments

- Sports drinks
- Healthy food snacks
- Cough drops

Things to Know

- ✓ Taikyoku Shodan
- ✓ Heian Shodan and Nidan (review all Heians)
- ✓ Tekki Shodan

Begin your preparations well ahead of time: be sure to hydrate, rest, eat well, clip nails, and check that all documentation (SKA membership, travel papers, etc) are in order.