



Rising Tide Training Equipment

Rising Tide requires students to purchase certain uniforms, weapons, and protective equipment so that students are prepared for the demands of their curriculum and can practice at home and at the dojo. It is important for students to refer to their curriculum and the below list of necessities so they don't fall behind in their training. The links we have included are recommendations based on equipment we enjoyed – you are not required to buy those exact products.

Rising Tide will not limit students' ability to continue through the ranks if economic circumstances prevent them from purchasing required equipment. If you have concerns regarding your ability to purchase equipment, please reach out to your senseis so arrangements can be made.

White to Orange Belt:

Required:

- **Black gi pants and a black t-shirt**
 - Details: must be black, light or medium weight fabric recommended for gi pants
 - **Note: Rising Tide shirt preferred for adult class**
 - Ideas:
 - Set (pants and top, most common): [Ronin Lightweight Gi](#), [ProForce Gi](#), [TMA Gi](#)
 - Adult Pants: [Pro Force Gladiator \(Amazon\)](#), [Middle Weight \(Karatemart\)](#)
 - Kids Links: [JP Sports Gi](#), [Middle Weight \(Karate Mart\)](#)
- **Water bottle** to bring to class
- **Printout of curriculum** – required for progression

Suggested:

- **Long-sleeve gi top**
 - Ideas: [Ronin Middle Weight Gi Top](#)
- **Rising Tide t-shirt**
 - Use the t-shirt sign up form or email senseis

Orange to Yellow Belt:

Required:

- **Kali sticks (2)**
 - Details: made of rattan, 26-28 inches long (28 recommended), 3/4s inch thick
 - Note: many sellers sell them individually instead of in a pair – be sure to check the quantity to determine if you need to double your order
 - Ideas: [Tiger Rattan Kali Stick \(Single Stick\)](#), [Rattan Kali Stick \(Single Stick\)](#)

Yellow to Green Belt:

Required:

- **Boxing gloves**
 - Details: fingerless, made for impact/sparring
 - Recommend against gel gloves (less protection) and handwraps (more difficult for beginners)
 - Ideas: [Adult RDX Gloves \(Amazon\)](#)
- **Mouth guard**
 - Details: for top and bottom teeth
 - Ideas: [Shock Doctor](#)

Suggested:

- **Focus mitts**
 - Ideas: [Sanabul Focus Mitts \(Pair\)](#)

Green to Blue Belt:

Required:

- **Nunchaku (1)**
 - Details: 12in long, 3/4-1in thick
 - Note: these are usually sold individually, but you'll need a set for higher ranks (so it may be more cost effective to get a set of 2 now)
 - Ideas: [Tiger Rattan Nunchaku \(Single\)](#)
- **Shin guards with instep protection**
 - Details: should cover shins and tops of feet
 - Ideas: [RDX - vinyl with straps](#), [Venum - slide on](#)

Suggested:

- **Double strike kick pad**
 - Ideas: [TKD Kick Pad \(Set of 2\)](#), [Kick Pad \(Set of 2\)](#)
- **Air shield**
 - Ideas: [RDK Air Shield](#)
- **Muay Thai pad**
 - Ideas: [Muy Thai Pad \(Single\)](#)

Blue to Brown Belt:

Required:

- **Bo-staff**
 - Details: 5ft tall, 1in thick
 - Ideas: [Tiger Rattan Bo Staff](#)

Brown to Red Belt:

Required:

- **Nunchaku (2)**
 - Details: 12in long, $\frac{3}{4}$ -1in thick
 - Note: If you did not purchase a set of 2 at Green belt, you will need a set for Brown.
- **Practice knife**
 - Details: plastic, not sharp, only one blade edge preferred
 - Ideas: [Cold Steel Trainer](#)
- **Long-sleeve gi top**
 - Details: black
 - Ideas: [Ronin Middle Weight Gi Top](#)
- **Rising Tide t-shirt**