



Lion's Pride Martial Arts Mat Shoe and Glove Guidance

- Socks may not be used as mat shoes; they are too porous.
- The shoes should completely cover the top and bottom of the foot.
- Non-marking soles are required.
- Dress shoes and boots are not permitted; they may damage the mat.
- Avoid shoes with a grippy or high friction sole.
- Though not a requirement, shoes with flat bottoms are preferred. They will function better on the mat.
- Though not a requirement, flexible soles are preferred. You will be better able to practice proper foot position.

Here are some examples of shoes that will work:

Lightfoot Martial Arts Shoes from Century \$54.99 (order through us at 10% discount) Available in white, black or black/white	
Cotton Sole Kung Fu Shoe from Century \$17.99 (order through us at 10% discount) Only in black	
Feiyue kung fu shoes from Tiger Claw \$25.99 (order through us at 10% discount) Available in black or white	

<p>Adidas SM-II Shoe (Taekwondo shoes) \$59.95 through karatemart.com Available in white and black</p>	
<p>George or Wonder Nation casual canvas sneaker \$9.98 at Walmart</p>	

We also recommend the use of sparring gloves when we work against the bags or pads. This will help prevent sweat left on the pad or bag from transferring to another person. The staff will be wiping down the pads and bags between classes. If you do not have a set of sparring gloves and would like to purchase them, please see the front desk.